

Blood Glucose Monitoring

Keeping your blood glucose (sugar) in your target range can prevent or delay health issues (complications) caused by diabetes, such as heart disease, eye disease, blindness, and nerve and blood vessel damage. You cannot always feel if your blood sugar is high. Blood sugar monitoring is the best tool for finding out if your blood sugar levels are within your target range.



Two Ways to Monitor

- At home: Use a blood glucose meter or continuous glucose monitor to learn what your blood sugar is at that moment.
- At your health care provider's office: Get an A1C test at least twice per year to learn your average blood sugar over the past three months.

Benefits of Monitoring

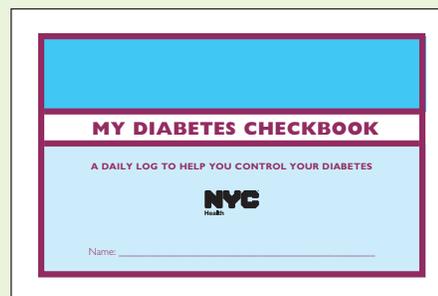
Checking your blood sugar at different times of the day can help you get a better understanding of your blood sugar patterns. This can help you and your provider:

- Know how well your current diabetes care plan is working.
- Adjust medicine types, doses and timing.
- Learn how different foods and physical activity affect your blood sugar.

You can also write down your results on a piece of paper or ask your provider for a “My Diabetes Checkbook” where you can log your numbers. Request a “My Diabetes Checkbook” for free by calling **311**.

Make Friends With Your Numbers

Tracking your blood sugar levels can be stressful and frustrating. Remind yourself that your results are not a grade and are not a reflection of you. Your results are just a way to see if your diabetes care plan is working for you or if adjustments need to be made.



See the next page for a sample page from the “My Diabetes Checkbook” that you can use to keep track of your blood sugar readings.

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American Diabetes Association (ADA) Blood Sugar Target Ranges (milligrams per deciliter [mg/dL])

See below for general target ranges in relation to mealtime.
Talk with your provider about your personal goals, which may be different.

Before eating	80 to 130 mg/dL
After eating (one to two hours after)	Less than 180 mg/dL

Use this log to keep track of your blood sugar readings, or copy this template and record your results on another piece of paper. You can also ask your provider for a “My Diabetes Checkbook” or request one for free by calling **311**.

Blood Sugar Log							
	Breakfast		Lunch		Dinner		Before Bed
Date	Before	2 Hours After	Before	2 Hours After	Before	2 Hours After	



Questions to Ask at Your Provider Visit

- What is my target blood sugar range?
- How often should I check my blood sugar levels?
- What do my current numbers mean?
- What changes need to be made to my diabetes care plan?
- What should I do between appointments if my blood sugar numbers do not meet my goals?