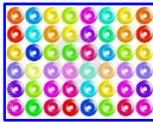


DIABETES CARE CLINIC
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 www.diabetescareclinic.com Phone: 123-456-7890
 LEARN HOW TO CARE FOR YOUR DIABETES WITH OUR
D.I.A.B.E.T.E.S. L.I.F.E.S.A.V.E.R.S. Program



Do Monitor Your Blood Glucose (BG) Regularly



D	I	A	B	E	T	E	S
Do Monitor Your Blood Glucose (BG) Regularly	Involve Family and Friends	Acquire Ongoing Support	Bring BG Values to Healthcare Visits	Exercise Regularly	Take Medication as Prescribed	Ease into Behavior Changes Slowly	See a Diabetes Educator Regularly

L	I	F	E	S	A	V	E	R	S	+?
Lose Excess Weight	Identify Healthy Coping Strategies	Fix Your Problems	Eat Healthy	Sleep Well Every Night	Acquire Sick Day & Travel Kit	Visit Your Doctor Regularly	Enjoy Rewards for All You Do	Reduce Risks of Complications	Set SMART Goals	Topics and Questions of Your Choice



WHY SHOULD I TEST MY BG?

To know if your BG is:

- Just right (in target range) 😊
- Too high
- Too low

WHEN and HOW OFTEN DO I TEST MY BG?

Individualized:

- Based on lifestyle and willingness
- If BG not in target range
- If having frequent low BG numbers
- Before meals
- 1 - 2 hours after start of meals
- Bedtime
- 2 or 3 am to check for low BG
- When sick or very stressed
- More often when taking multiple daily insulin injections
- When changes made in your:
 - Meal plan
 - Exercise plan
 - Medication plan
 - Lifestyle affecting BG



	Pre B	Post B	Pre-L	Post L	Pre-D	Post D	Bed-time
M	X						
T		X					
W			X				
Th				X			
F					X		
Sa						X	
Su							X

	Pre B	Post tB	Pre L	Post tL	Pre D	Post tD	Bed time
M	X	X					
T			X	X			
W					X	X	
Th	X	X					
F			X	X			
Sa					X	X	
Su	X						X

<p>WHAT ARE MY BG TARGETS?</p>	<p>Individualized. American Diabetes Association suggests:</p> <ul style="list-style-type: none"> • Before meals: 80 - 130 mg/dl • 1 - 2 hours after start of meal: less than 180 mg/dl 		
<p>WHAT DO I DO WITH MY BLOOD GLUCOSE RESULTS?</p> 	<ul style="list-style-type: none"> • Write then down in a log book <ul style="list-style-type: none"> ○ Bring book to healthcare visits • Take action if BG is too low: <ul style="list-style-type: none"> ○ Diabetes educator or doctor will review actions, such as: <ul style="list-style-type: none"> ▪ <i>Eat sugary food or drink to get BG back into target range asap</i> • Take action if BG is too high: <ul style="list-style-type: none"> ○ Diabetes educator or doctor will review actions, such as make changes in: <ul style="list-style-type: none"> ▪ <i>Meal plan</i> ▪ <i>Exercise plan</i> ▪ <i>Medication plan</i> ▪ <i>Lifestyle affecting BG</i> 		<p style="text-align: right;">Page 3 of 3</p>