

## Managing Blood Glucose Levels

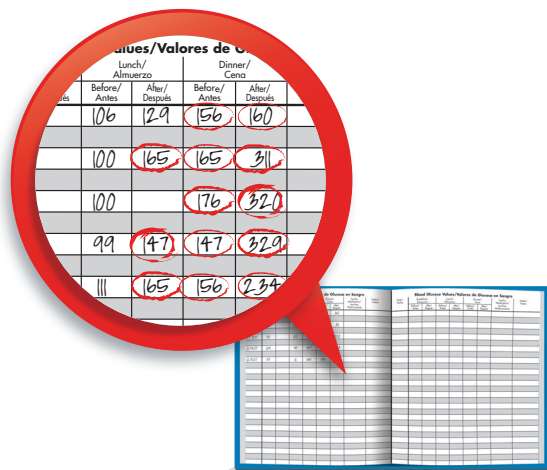
Lance tests before and after meals. His target range\* is as follows:

<b>Before Meals</b>	<b>90-120 mg/dL</b>
<b>After Meals</b>	<b>Less than 140 mg/dL</b>

\*The ranges provided here are an EXAMPLE ONLY, patients must check with their doctor to determine their personal target ranges.

In the example below, Lance's blood glucose results before breakfast and lunch were within his target range, but his glucose results after lunch and before and after his dinner meals were too high.

By reviewing his results in this way, he was able to focus on areas of poor control and make adjustments.



## Benefits Of Regular Blood Glucose Monitoring

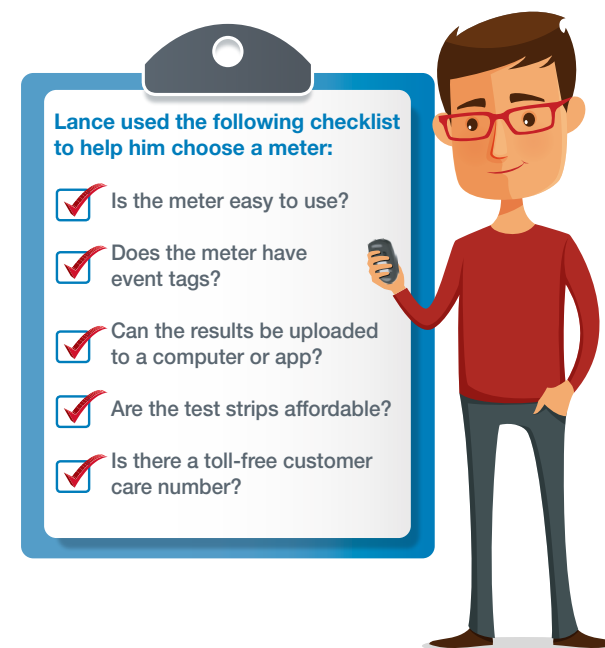
Since Lance took the time to regularly test his blood glucose and log his results, he gained a better understanding of his diabetes and learned how to better control his blood glucose levels.

By making adjustments to his management routine, Lance was able to live a healthy and active lifestyle.



## Choosing The Right Meter

There is a wide range of meters available to fit individual needs. Lance shopped for the meter that best fit his lifestyle.



Lance used the following checklist to help him choose a meter:

- Is the meter easy to use?
- Does the meter have event tags?
- Can the results be uploaded to a computer or app?
- Are the test strips affordable?
- Is there a toll-free customer care number?

Visit [www.MeetLance.com](http://www.MeetLance.com) for more helpful tips!

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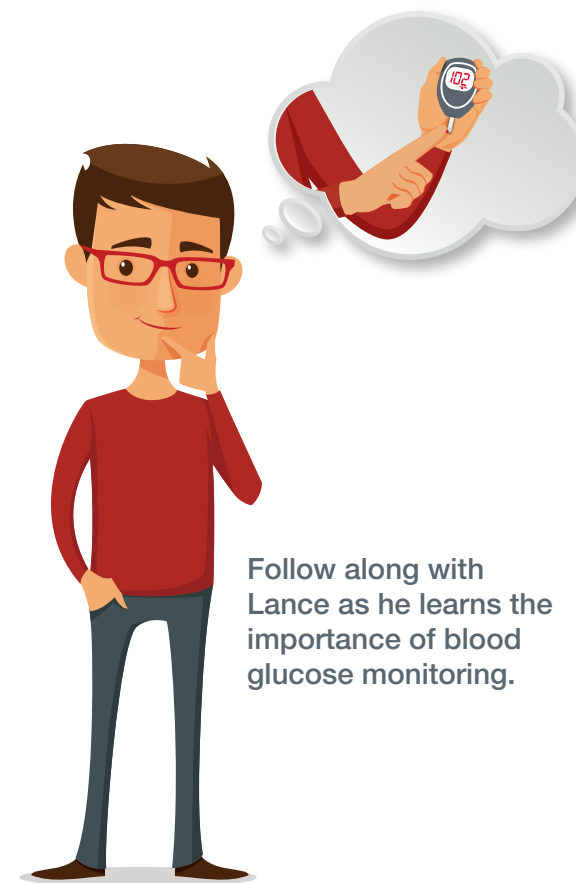
Information contained in this brochure was sourced through: American Diabetes Association, Resource Guide 2012; Diabetes Forecast, January 2012. American Diabetes Association Standards of Medical Care in Diabetes, Diabetes Care, January 2017, pgs. Life with Diabetes: A Series of Teaching Outlines, 4th edition by the Michigan Diabetes Research and Training Center; lead authors Martha M. Funnell, M.S., R.N., C.D.E.; Andrea Lasichak, M.S., R.D., C.D.E.; 2009 by American Diabetes Association. © 2018 Trividia Health, Inc. TRUEinsight, Meet Lance and the Trividia Health logo are trademarks of Trividia Health, Inc. MKT0543 Rev. 2

# Blood Glucose Monitoring

A TRUEinsight™ Education Guide

## Meet Lance.™

He was just diagnosed with diabetes...



Follow along with Lance as he learns the importance of blood glucose monitoring.

### Quick Tip

Always consult with a healthcare professional before making any changes in a diabetes management plan.

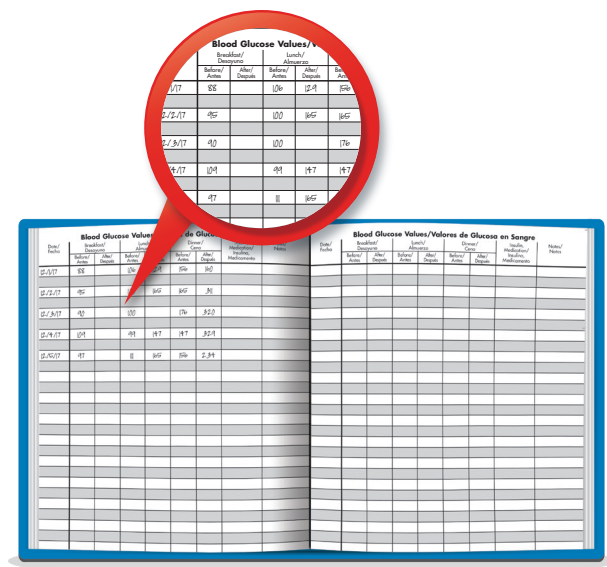
### Quick Tip

Healthcare professionals are there to help - small adjustments in a diabetes management plan can make a big difference.

## Blood Glucose Monitoring

Blood glucose monitoring is a critical part of every diabetes management plan.

Regular self-monitoring can provide important information on how daily management plans are working to control blood glucose levels.



## How To Set Target Blood Glucose Goals

Lance met with his diabetes healthcare team to determine the target range for his blood glucose levels and how often he should test.

At first, Lance felt overwhelmed by the thought of always keeping his blood glucose results within his target range. His healthcare team reassured him that over time, he would learn to recognize patterns in his results and understand why they occur.



## How Often To Test

Lance's healthcare team determined the target range for his blood glucose levels and how often he should test based on his type of diabetes, his current blood glucose levels and his overall treatment plan.

Since Lance was just diagnosed, his healthcare team recommended that he test more often to make sure his diabetes management plan was working.



## Understanding Blood Glucose Results

After establishing his target range, Lance regularly logged his blood glucose results in his log book and reviewed it daily, looking for specific patterns.

At his next appointment with his healthcare team, they discussed patterns of high and low blood glucose results. Together they reviewed his diet, exercise and medication routines to determine the cause of his high and low results.



### Quick Tip



Learn to recognize patterns to prevent situations that cause blood glucose levels to go higher or lower than a set target range. Write down the actions you will take to prevent blood glucose results from going out of range.

### Quick Tip



The goal of blood glucose monitoring is to have most blood glucose results within a set target range. Staying within a set target range helps to delay or prevent the occurrence of complications from diabetes.

### Quick Tip



It is good practice to vary the times blood glucose is tested. This gives a more complete picture of blood glucose levels at different times of the day and during different situations.

### Quick Tip



Illness and stress can affect blood glucose levels. When documenting blood glucose results in a log book, make a note of feeling sick or stressed.