

## WHAT'S THE BIG DEAL ABOUT CONTROLLING MY DIABETES?

Both high and low blood sugars can lead to serious health problems, such as an increased risk of:

- ⬆ *Increased risk of heart attack*
- ⬆ *Increased risk of stroke*
- ⬆ *Vision problems*
- ⬆ *Kidney problems*

Managing diabetes is challenging, but **DIABETES EDUCATION** helps people live long, healthy lives.

Talk to your doctor or visit [wa211.org](http://wa211.org) to find a class.

A blood glucose tracker helps you and your doctor see if your care plan is working. Your doctor will set your target levels.



## My blood glucose **GOAL IS:**

BEFORE MEALS:  mg/dl **TO**  mg/dl AFTER MEALS:

**2 HOURS** after start of meal:  **BELOW:**

## My provider wants me **TO CHECK:**

X PER DAY  X PER WEEK

- Before breakfast  After meals  
 Before meals  Before bed

### MY HEALTHCARE PROVIDER:


Name: \_\_\_\_\_

Phone: \_\_\_\_\_

# BLOOD Glucose TRACKER



Date and TIME 	My Blood GLUCOSE 	Date and TIME 	My Blood GLUCOSE 

COMMENTS 
Food, Activity, Stress

Date and TIME 	My Blood GLUCOSE 	Date and TIME 	My Blood GLUCOSE 

COMMENTS 
Food, Activity, Stress



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