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 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:

PER DAY PER WEEK

☐ Before breakfast ☐ After meals
☐ Before meals ☐ Before bed

MY HEALTHCARE PROVIDER:

Name: 
Phone: 

BLOOD Glucose TRACKER
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<th>Date and TIME</th>
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**COMMENTS**

Food, Activity, Stress

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