



Let's test smart

The goal of your diabetes treatment is to keep your blood sugar in a healthy range, not too high and not too low. This will help reduce the risk of serious health complications.



How blood sugar testing fits in

Testing with a meter shows you the effect of factors, like your food choices and exercise, on your blood sugar. Understanding this can help you take action if necessary to bring high or low blood sugar back into range.

Your healthcare professional uses an A1C test to see what your average blood sugar level has been over the past 2 to 3 months.

MY BLOOD SUGAR RECORD

Blood sugar test results	Before meals	1-2 hours after start of meals
Guidelines	80–130 mg/dL*†	Less than 180 mg/dL*†
My current reading	_____ mg/dL	_____ mg/dL

A1C	
Guidelines	Less than 7%*‡
My current reading	_____

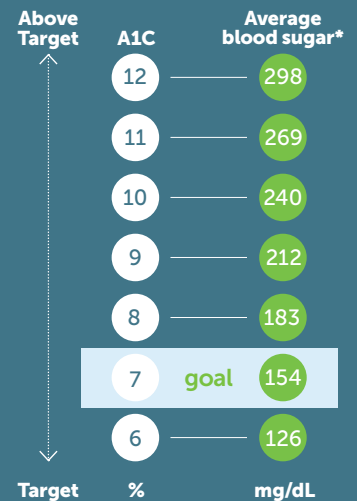
If your A1C is above target, ask your healthcare professional what you can do to lower it.

*American Diabetes Association Standards of Medical Care in Diabetes—2020. Diabetes Care 2020;43(Suppl. 1): S1-206.

†Your healthcare provider may recommend different goals for you. Diabetes Care 2020;43(Suppl.1):S71.

‡This is a reasonable goal for many nonpregnant adults. Your doctor may recommend a different goal depending on your individual circumstances. Diabetes Care 2020;41(Suppl. 1): S68, S72

A1C Quick Guide



*American Diabetes Association. Standards of Medical Care in Diabetes—2020. Diabetes Care 2020;43(Suppl. 1): S1-206.

Using test results to adjust food and portion choices

Keeping your blood sugar in a healthy range can not only help prevent serious diabetes complications, it can help you feel better! Test before and after a meal to see if your food and portion choices are working to keep your blood sugar in range after a meal.

You'll soon learn what foods and portions keep you within your target range so you can make choices that are right for you.

Always consult with your healthcare professional before making any changes to your treatment plan.



1

Test just before a meal.



2

Test 1–2 hours after the beginning of a meal.