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 immediate effect of factors, like your food choices and exercise, on your blood sugar, so you can 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.

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.

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