

# SETTING & MEETING YOUR BLOOD SUGAR GOALS



Controlling your blood sugar is an important part of leading a healthy life with diabetes. Checking your blood sugar levels regularly can help you know when you are on target. But meeting your blood sugar goals can be hard. Here are some tips to help you meet your goals:

- ▶ Check your blood sugar often
- ▶ Keep a diary of your blood sugar readings
- ▶ Eat meals at regular times and don't skip them
- ▶ Keep a food diary (what, when, and how much)
- ▶ Be active at least 30 minutes a day (walk, run, swim, bike)
- ▶ Take your diabetes medicine daily
- ▶ Keep all your doctor appointments
- ▶ Bring your blood sugar diary to doctor appointments
- ▶ Talk about your blood sugar goals with your doctor or pharmacist
- ▶ Get 7 to 8 hours of sleep every night
- ▶ Have a plan for sick days
- ▶ Know the signs of low blood sugar and how to treat it



## Your doctor or pharmacist can help you learn:

- ▶ How to use a blood sugar (glucose) meter.
- ▶ When to check your blood sugar and what the numbers mean.
- ▶ What to do when your numbers are out of your target range.
- ▶ How to record your blood sugar results.

Your doctor or pharmacist can help you decide on the best blood sugar goals for you. Write them in the table to the right. Cut it out and keep it somewhere handy to help you remember your goals.



BLOOD SUGAR GOALS*		
TIME	ADULTS WITH DIABETES	YOUR GOAL
Before Meals	80 to 130 mg/dL	<input type="text"/>
2 Hours After Meals	Less than 180 mg/dL	<input type="text"/>
A1C	7% or less	<input type="text"/>

\*American Diabetes Association guidelines (plasma values)

**Call your doctor or pharmacist right away if your blood sugar is out of control and you don't know what to do. We are here to help.**

Here to help with: Medications, Supplies, Support.

[www.fredsmeds.com/diabetes](http://www.fredsmeds.com/diabetes)

