

## Tracking my progress

When it comes to managing diabetes, how do you measure your progress? It really depends on your goals. Do you have a certain blood sugar number you want to reach? Is your goal to have more energy to do the things you enjoy? The answer may vary for each person with diabetes. No matter your goal, have a plan to help you reach it. Use a checklist as a guide to help you decide which steps to take next.

## Blood sugar checks

Checking your blood sugar on your own is a crucial step. It can be done using a hand-held device called a glucometer. This is also called a meter. Your blood sugar level shows up as number on the meter screen. Know how your blood sugar changes after a meal helps you choose the best foods. It can also show you how well your diabetes pills or insulin is working. The chart below shows target blood sugar ranges for adults with diabetes:

## Blood sugar control

Blood sugar before a meal	70 - 130 mg/dl (5.0 - 7.2 mmol/l)
Blood sugar after a meal	180 mg/dl (10.0 mmol/l)
A1C	7.0%

Here are some other things to consider:

- Do you check your blood sugar as often as your doctor directed?
- Do you have a meter and the other supplies you need for testing?
- Are you comfortable using your meter and taking diabetes medicines?
- Do you keep a log of your blood sugar test results?

If you answered yes to all of those questions, you're doing great! If not, it may be time to review the diabetes care plan you and your health care team created. This will help you know how often to check your blood sugar. Your doctor can help you get all the tools you need to test your blood sugar. Also, bring your meter the next time you have doctor's appointment. Ask the doctor or nurse to show you how to use it. Write down your test results each time you check your blood sugar. Keep your log with your meter.

### **Who should check?**

Anyone with diabetes can benefit from doing blood sugar checks. It is extra important for those who:

- Take insulin or diabetes pills
- Are pregnant
- Have a hard time controlling blood sugar levels
- Have severe low blood sugar levels or ketones from high blood sugar levels
- Have low blood sugar levels without the usual warning signs

### **The A1C test**

The A1C test is another important tool to help you and your health care team check your progress. Your score is measured by a blood test that is ordered by your doctor. Your A1C result shows your average blood sugar levels for the past 3 months. This is different than the tests you do at home each day. It is usually done two to four times a year. The A1C test is not meant to replace your daily blood sugar self-testing.

The A1C goal for most people with diabetes is less than 7 percent. Almost half of adults with diabetes have an A1C of 7 percent or higher. You can use the A1C converter to see how your A1C number compares to your daily blood sugar test results.

### **Support to help you manage your diabetes:**

- We can help you talk to your family or caregiver about your diabetes.
- We can assist you in finding community programs and resources in your area
- Tips to talk with your doctor and get the most out of your visit:
  1. Ask any questions you may have about your diabetes. You can write them down and take them with you to your visit.
  2. Follow your doctor's advice. If you have questions or concerns, let your doctor know.
  3. Make sure your doctor knows what medicines you are taking.

### **Important screenings:**

- Depression
- Other health conditions
- Preventive care screenings such as wellness checkups, mammograms and Pap tests

### **More diabetes resources**

- [American Diabetes Association](#)
- [Children with DIABETES Online Community](#)
- [Diabetes Health](#)

If the enclosed information is not in your primary language, please call 1-800-600-4441(TDD/TTY only 711). We can translate this at no cost to you.

ENGLISH

Yog cov ntabw ntabwv xov xwm xa tuaj no tsis yog koj hom lus, thov hu xovtooj rau 1-800-600-4441 (TDD/TTY Cov neeg lag ntseg ces siv tus xovtooj no xwb 711) Peb tuajyeem txhais cov ntabw ntabwv no pub dawb rau koj.

HMONG

Afai o lenei faaaliga e le o alu atu i lau gagana masani, faamolemole vala'au mai i le telefoni: 1-800-600-4441 (Na'oto TTD/TTY 711) E mafai ona matou faaliliuina lenei mea e aunoa ma lou totogiina

SAMOAN

Если прилагаемая информация не на вашем родном языке, позвоните, пожалуйста, по телефону 1-800-600-4441 (только TDD/TTY 711). Мы можем перевести вам это бесплатно.

RUSSIAN

Якщо прикладена інформація не на вашій рідній мові, подзвоніть, будь ласка, по телефону 1-800-600-4441 (тільки TDD/TTY 711) Ми можемо зробити для вас цей переклад безкоштовно.

UKRAINIAN

중국어 안내자료가 귀하의 모국어로 준비되어 있지 않으면 1-800-600-4441 (TDD/TTY 711)로 연락하십시오. 무료로 이 번역을 해드릴 수 있습니다.

KOREAN

Dacă informațiile alăturate nu sunt în limba dumneavoastră natală vă rugăm să sunați la 1-800-600-4441 (numai pentru TDD/TTY 711). Vă putem traduce aceasta fără să vă coste nimic.

ROMANIAN

ይህ የምስልክ ለቅጣት መረጃ በቋንቋዎ ካልሆነ፣ እባክዎን በስልክ ቁጥር 1-800-600-4441 (TDD/TTY ብቻ 711) ይደውሉ ያለ ምንም ወጪ ይህን ልንተረጎምልዎ እንችላለን።

AMHARIC

እዚ ንስደልኩም ዘለና ሓበሬታ ብቋንቋኩም ምስ ዘይከውን ብክብረትኩም ብስልኪ ቁጥር 1-800-600-4441 (TDD/TTY ጥራሕ 711) ደውሉ እዚ ብዘይ ምንም ዋጋ ክንትርጎምልኩም ንክእል ኢና።

TIGRIGNA

Si la información adjunta no está en su idioma primario, llame al 1-800-600-4441 (TDD/TTY solamente: 711). Podemos traducir esto sin costo para usted.

SPANISH

ຖ້າຂໍ້ມູນທີ່ໄດ້ເອົາຄັດຕົວມານາຊອງນີ້ບໍ່ແມ່ນພາສາແມ່ຂອງທ່ານ, ກະລຸນາໂທຫາ 1-800-600-4441 (ສໍາລັບການໂທດ້ວຍ TDD/TTY ແມ່ນ 711) ພວກເຮົາສາມາດແປອັນນີ້ໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ.

LAOTIAN

Nếu thông tin đính kèm không có ngôn ngữ của quý vị, xin gọi 1-800-600-4441(TDD/TTY dành riêng 711). Chúng tôi có thể dịch nội dung này miễn phí cho bạn.

VIETNAMESE

如果隨附的資料不是您的主要語言，請撥打電話 1-800-600-4441 (TDD/TTY 專線 711) 我們可免費為您翻譯。

CHINESE

បើសិនជាព័ត៌មានដែលបានភ្ជាប់មកនេះ មិនមែនជាភាសាដើមរបស់លោកអ្នកទេ សូមទូរសព្ទទៅកាន់លេខ 1-800-600-4441 (សំរាប់ DTT/TTY សូមទូរសព្ទទៅកាន់លេខ 711) យើងខ្ញុំអាចបកប្រែភាសានេះ ដោយមិនគិតថ្លៃពីលោកអ្នក។

CAMBODIAN

Kung ang nakalakip na impormasyon ay hindi sa inyong pangunahing wika, pakitawagan po ang 1-800-600-4441 (TDD/TTY lamang 711). Maaari namin itong isalin para sa inyo nang walang bayad.

TAGALOG

اگر اطلاعات ضمیمه به زبان شما نیست، با شماره 1-800-600-4441 تماس بگیرید ما می توانیم بدون هزینه این را برای شما ترجمه کنیم. (TDD/TTY شماره 711 فقط با شماره برای)

FARSI