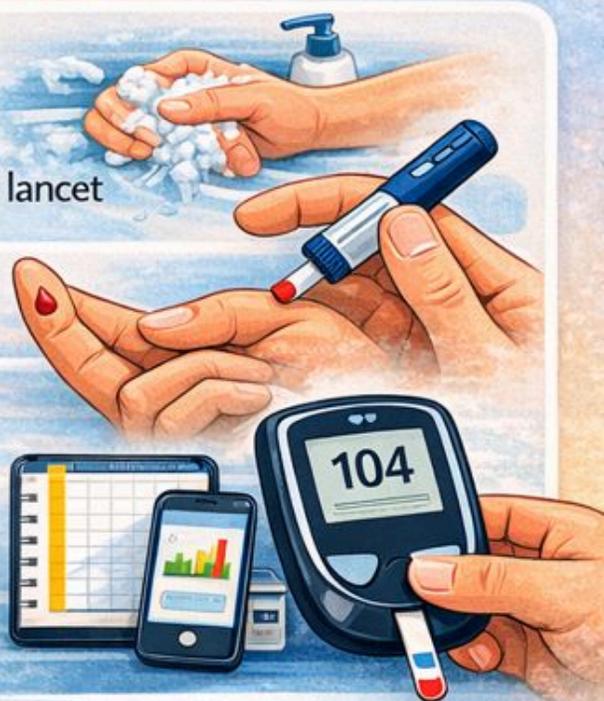


How to Check Your Blood Sugar

- 1 Wash your hands with soap and water
- 2 Prick the side of your fingertip with a clean lancet
- 3 Place a drop of blood on the test strip
- 4 Insert the strip into your glucose meter
- 5 Record your reading in a logbook or app

Bring your readings to your healthcare appointments



Target Blood Sugar Levels

Ask your doctor about your specific goals:

- ✓ Before Meals: **80–130** mg/dL
- ✓ 1–2 Hours After Meals: **Less than 180** mg/dL
- ✓ Hemoglobin A1C (HbA1c): **Less than 7%**
— 3-Month Average of Your Blood Sugar —

Continuous Glucose Monitors (CGM)

Some people may benefit from wearing a continuous glucose monitor, which checks your blood sugar automatically throughout the day and night.

