

Make sure you're on the right track

Keeping a close eye on your blood sugar levels can give you and your diabetes care team a good idea of how well your diabetes medicine is working. So it's important to check your blood sugar as directed by your diabetes care team. Remember to write down the results and share this information with your diabetes care team at your next office visit.

Using the blood sugar diary and sharing the results with your diabetes care team can help you adjust your medicine as needed to help you reach your blood sugar goal.

To order a new blood sugar diary, please call 1-800-727-6500.

"Every part of my day gets put down in my journal. This helps me see patterns and talk to my doctor about them."

— Thelma M, New Mexico

You can learn more about checking your blood sugar and staying on track at Cornerstones4Care.com. Plus, when you enroll in the *Cornerstones4Care*™ program, you will have access to online tools and resources and receive ongoing support.

For more information about Novo Nordisk products for diabetes care, please go to Cornerstones4Care.com and click on *Diabetes Medicines*.

Please see *Important Safety Information* on pages 36–39 and *Prescribing Information* on pages 43–98.

How to use your diary

The table below lists blood sugar goals for people with diabetes. You and your diabetes care team will set the goals that are right for you. Write your goals in the last column.

Time	Goals for people with diabetes	Your goals
Before meals	70 to 130 mg/dL	_____
1 to 2 hours after the start of a meal	Less than 180 mg/dL	_____
A1C	Less than 7%	_____

Adapted from the American Diabetes Association. Standards of medical care in diabetes – 2011. *Diabetes Care*. 2011;34(suppl 1):S11-S61.

"Monitoring your blood sugar and eating habits truly makes each of us a winner in all aspects of our diabetes care. I have had diabetes for approximately 43 years and lead a 'close-to-normal' life."

— Carolyn P, Arizona

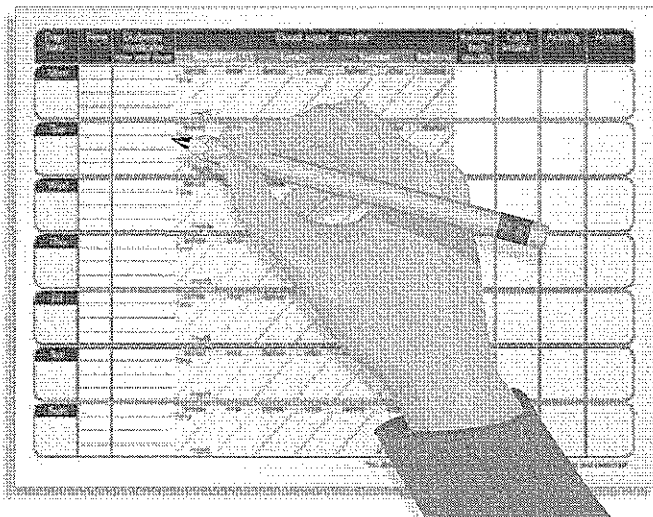
If you check your blood sugar and it is too low, you should not take your insulin. Ask your diabetes care team how often you should check your blood sugar and what to do if it is high or low.

Here's how to use the blood sugar diary:

Day/ date	Time	Diabetes medicine type and dose	Blood sugar results*						Ketone test results	Carb intake	Activity	Notes	
			Breakfast		Lunch		Supper						Bedtime
Mon 4/22	6:30 am	10u 70/30	Before Time 6 am 90 mg/dL	After 8 am 150	Before	After	Before	After	Before	5 neg	6 26 carbs	7 Walked 1 hour at 7 pm.	8 Stressed out about starting new job tomorrow.

Time ↑ Blood sugar reading

- 1 Write down the date
- 2 Write the time you took your diabetes medicine
- 3 Write the type and amount of your diabetes medicine
- 4 Write the time and your blood sugar readings in the "before" and "after" spaces. After-meal readings are usually taken 1 to 2 hours after you start your meal
- 5 If your doctor suggests ketone testing, write your ketone test results here
- 6 If you are counting carbs, write how many grams of carbs you ate
- 7 Write how many minutes of physical activity you did
- 8 Write notes about anything that might have affected your blood sugar readings, such as the food you ate, any physical activity you did, or any stress you might be under



9 A1C	7.0	Date	4/29
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- 9 Use the last row to record your latest A1C levels, along with the date of the check

If you would like to use an online blood sugar diary, you can find one at Cornerstones4Care.com.

Your blood sugar diary

If you'd like to use an online blood sugar diary, you can find one at Cornerstones4Care.com.

Day/ date	Time	Diabetes medicine type and dose	Blood sugar results*						Ketone test results	Carb intake	Activity	Notes
			Breakfast		Lunch		Supper					
Mon			Before Time	After	Before	After	Before	After	Before			
			mg/dL									
Tue			Before Time	After	Before	After	Before	After	Before			
			mg/dL									
Wed			Before Time	After	Before	After	Before	After	Before			
			mg/dL									
Thu			Before Time	After	Before	After	Before	After	Before			
			mg/dL									
Fri			Before Time	After	Before	After	Before	After	Before			
			mg/dL									
Sat			Before Time	After	Before	After	Before	After	Before			
			mg/dL									
Sun			Before Time	After	Before	After	Before	After	Before			
			mg/dL									

A1C

Date

*You and your diabetes care team will decide the best times for you to check your blood sugar.