

# staying on track

your blood sugar  
tracker and guide to  
tracking and adjusting  
mealtime insulin



**This booklet belongs to:**

Name

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If this booklet is found, please contact the owner listed above. Thank you!

**Favorably reviewed by:**

These Novo Nordisk patient education materials were developed using information from the following sources: American Association of Diabetes Educators, American Diabetes Association, and American Dietetic Association. These booklets do not replace the advice of your diabetes care team. Be sure to consult your diabetes care team regarding your individual diabetes care plan.

Quotes reflect the opinions of the people quoted and not necessarily those of Novo Nordisk. Individual results may vary.

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## Make sure you're on the right track

Checking your blood sugar and taking your diabetes medicine according to your plan are important for managing your diabetes. The tracker in the pocket at the back of this booklet is a useful resource. It is small, so you can easily carry it with you.

Starting on page 6 of the tracker, you'll find a place to write down your blood sugar results. (See the directions on pages 4 and 5.) Sharing your blood sugar results with your diabetes care team will help all of you see how well your diabetes care plan is working.

The image shows the cover of the 'your blood sugar tracker' booklet, which is a diary of your blood sugar. It features the Cornerstones4Care logo and an AADE FAVORABLY REVIEWED seal. Below the cover, an example of how to use the tracker is shown. The example includes a table for BLOOD SUGAR RESULTS\* for Friday and Saturday, with columns for BEFORE and AFTER readings at various times of the day. A hand is shown writing in the table. Below the table, there are instructions for how to use the tracker, numbered 1 through 4.

**your blood sugar tracker**  
a diary of your blood sugar

My most recent A1C: \_\_\_\_\_

Date: \_\_\_\_\_

☐ I am taking my medicine

☐ I am taking my insulin

**How to use your blood sugar tracker**

**EXAMPLE**

**Your blood sugar tracker** 1 Date: 4 / 22 / 2014

	Breakfast		Lunch		Dinner		Bedtime	Night
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER		
<b>FRIDAY</b>								
Medicine type and dose	12 units							
Time	6 am	8 am	12 pm	1:30 pm	6:15 pm	8 pm	11 pm	3:30 am
Blood sugar	90 mg/dL	150 mg/dL	89 mg/dL	148 mg/dL	91 mg/dL	152 mg/dL	90 mg/dL	140 mg/dL
Carb intake	18 carbs							
Mealt ime insulin dose	BP: 120/80							
Other								
<b>SATURDAY</b>								
Medicine type and dose	12 units							
Time	6 am	8 am						
Blood sugar	90 mg/dL	150 mg/dL						
Carb intake	20 carbs							
Mealt ime insulin dose	BP: 120/80							
Other								

- 1 Write down the date for the start of the week (You can start tracking on any day of the week)
- 2 Write the name(s) and dose(s) of your diabetes medicine(s)
- 3 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. Nighttime readings may be taken during the night as needed

"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

## Adding a mealtime insulin

You will find a guide to tracking and adjusting mealtime insulin starting on page 55 of the tracker. If you're taking mealtime insulin, the guide can help you track and adjust your insulin dose each day based on your doctor's instructions.

You can learn more about checking your blood sugar and following your diabetes care plan at [Cornerstones4Care.com](http://Cornerstones4Care.com). Plus, when you enroll in the free Cornerstones4Care® program, you will have access to online tools and resources and receive ongoing personal support to help you manage your diabetes.

The image shows a section of the tracker titled 'Adding or starting mealtime insulin'. It includes a red box with the text 'If your doctor wants you to adjust your mealtime insulin. Use this section only with your doctor.' and a green box with the title 'Adding or starting mealtime insulin'. Below the title, there is text explaining that because diabetes changes over time, a doctor may decide to add mealtime insulin to a plan to help control blood sugar when you eat. It states that there are many ways to add mealtime insulin to a care plan, and that the doctor and the patient will decide on the insulin plan that is right for them. An illustration of a plate of food with a fork and knife is shown next to the text.

**OPEN HERE**

If your doctor wants you to adjust your mealtime insulin. Use this section only with your doctor.

**Adding or starting mealtime insulin**

Because diabetes changes over time, your doctor may decide to add mealtime insulin to your plan to help control blood sugar when you eat. There are many ways to add mealtime insulin to your care plan. Together, your doctor and you will decide on the insulin plan that is right for you.

You and your doctor can use the example under this flap to see how you might add mealtime insulin one meal at a time.

## Know your numbers

### Be an active participant in your diabetes care

You are the most important member of your diabetes care plan. Taking an active role on your team can help make sure your care plan works for you. (It's okay—your diabetes care team wants you to be an active part of the team.)

If you have questions, ask them! If there are things about your care plan that are working well for you, and things that aren't, let your team know that too.



### Your goals are set just for you

Part of managing your diabetes is setting your goals and knowing your numbers. Like your diabetes care plan, your goals are just for you. The goals shown in this booklet are recommended by the American Diabetes Association for many adults with diabetes. Talk with your diabetes care team about your personal goals.



**You can write down your goals beginning on page 18 of this booklet.**

**Diabetes care checklist**

Diabetes cannot yet be cured. But it can be managed. One part of managing your diabetes is knowing your numbers. Fill in your numbers on this checklist.

**A1C and daily blood sugar readings**

Your A1C and daily blood sugar goals

Blood sugar before meals:

Blood sugar 1 to 2 hours after the start of a meal:

A1C:

**Blood pressure**

■ Every time you visit the doctor, get your blood pressure checked

■ Goal is less than 140/80 mm Hg for many adults with diabetes

**Cholesterol**

■ At least once a year, have your blood cholesterol checked

■ Below are the goals for many adults with diabetes

LDL ("bad") cholesterol	
• Without heart disease	Less than 100 mg/dL
• With heart disease	Less than 70 mg/dL

HDL ("good") cholesterol	
	More than 40 mg/dL
	More than 50 mg/dL

Triglycerides	
	Less than 150 mg/dL

**Goals:**

HDL	Triglycerides

**SEVERE RISK** Your blood pressure goal:

18 19

## Daily blood sugar readings

Checking your blood sugar yourself is 1 of the best ways to be sure your diabetes is under control. Checking often will tell you:

- If your insulin or other diabetes medicine is working
- How physical activity, the foods you eat, and stress affect your blood sugar

You and your diabetes care team will decide when and how often you should check your blood sugar. Here are some times when you might want to check, and why:

When to check	Why you should check
When you wake up (called “fasting plasma glucose,” or “FPG”)	To see if your blood sugar is staying under control while you’re asleep
Before meals or large snacks	To know what your blood sugar is before you eat
1 to 2 hours after meals (called “postprandial plasma glucose,” or “PPG”)	To see how the food you eat affects your blood sugar
Before and within minutes after physical activity	To see how being active affects your blood sugar

The table below lists blood sugar goals for most nonpregnant adults with diabetes. You and your diabetes care team will set the goals that are right for you.



**Write your personal goals in the last column.**

Time	Goals for many adults 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 – 2014.  
*Diabetes Care*. 2014;37(suppl 1):S14-S80.





## What to do about low blood sugar (hypoglycemia)

Understanding what to do about low blood sugar is very important in managing diabetes. Talk with your diabetes care team about low blood sugar before starting treatment with insulin. Ask your diabetes care team what low blood sugar is for you. For many people, it is less than 70 mg/dL.

### What may happen:

- Weakness or tiredness
- Dizziness or shakiness
- Heart beating too fast
- Confusion
- Sleepiness
- Hunger
- Sweatiness
- Headache
- Mood change

### What can be done:

- Check your blood sugar. If it is low or if you think it is low but you can't check, follow the rule of 15:
  - Eat or drink something with 15 grams of carbs, such as 4 ounces of regular juice, 4 glucose tablets, or candies that can be chewed quickly (for example, 7 gummies)
  - Wait 15 minutes and check your blood sugar again
  - If it is still low, eat or drink something with 15 grams of carbs again
- Once your blood sugar returns to normal, eat a meal or snack. This can help keep low blood sugar from coming back
- Inform your diabetes care team



“Think of your body as the engine in a car. It can’t run too high or too low to operate properly.”

– Deborah C., Florida



## Dealing with very low blood sugar emergencies

Very low blood sugar (severe hypoglycemia) can cause people to pass out. It can even be life threatening.

Very low blood sugar will usually require help from someone else. It can be treated with special medicine called glucagon. Ask your diabetes care team if you should keep a glucagon medicine/injection kit on hand. If so, make sure they show you and those close to you how to use it, and keep the kit handy. Share these pages with those close to you so that they will know what to do if you have a very low blood sugar emergency.



## In case of very low blood sugar:

### People should:

- Call 911
- Follow the low blood sugar plan provided by the diabetes care team
- Inject a glucagon medicine (used for very low blood sugar) if prescribed



### People should not:

- Inject insulin (It will lower blood sugar even more)
- Give anything to eat or drink (It could cause choking)
- Put your hands in the person's mouth (It could cause choking)




Low blood sugar medicine kits expire after about a year, so if you have one, be sure to check the dates and get a new kit before the old one expires.

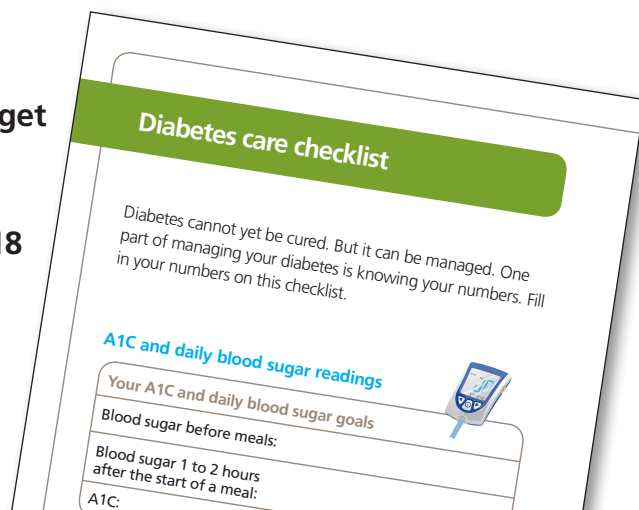
# A1C

A1C is a blood test that measures your average blood sugar control for the past 2 to 3 months. It's like a "memory" of your blood sugar readings. It shows how well you're controlling your blood sugar readings over time.

Your A1C is made up of your FPG (your blood sugar readings when you wake up) and your PPG (your blood sugar readings 2 hours after you eat). Both must be under control to get your A1C under control. If you take insulin, the long-acting insulin you take at night or in the morning will control your FPG. And if you need it, your mealtime insulin may help control your PPG.

At least 2 to 4 times a year, have your A1C number checked. The chart on the right shows how A1C relates to the estimated average blood sugar reading. The A1C goal for many adults with diabetes is less than 7%. Your diabetes care team will set a goal just for you.

 **Don't forget to write your A1C goal down on page 18 of this booklet.**



## How A1C relates to estimated average blood sugar

A1C Results	Estimated Average Blood Sugar
12%	298 mg/dL
11%	269 mg/dL
10%	240 mg/dL
9%	212 mg/dL
8%	183 mg/dL
7%	154 mg/dL
6%	126 mg/dL

The American Diabetes Association recommends an A1C of less than 7%.



## Adding or starting mealtime insulin

Even if you have been doing everything you can to manage your diabetes, your doctor may recommend that you add a mealtime insulin to your diabetes care plan. Needing to add mealtime insulin does not mean that you've done anything wrong in managing your diabetes. It just means that your diabetes has changed over time, making it harder to control blood sugar spikes when you eat.

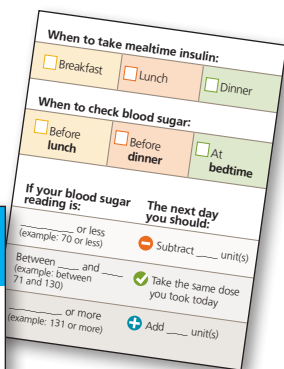
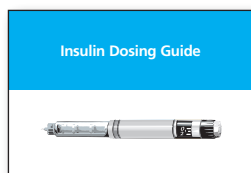
The goal of adding mealtime insulin is to keep your blood sugar readings close to your target range when you eat and help you get to your A1C goal. The pages that follow will help you track and adjust your mealtime insulin dose one meal at a time as directed by your diabetes care team.



Your doctor will decide on your mealtime insulin starting dose. Ask your doctor to write your starting dose down on **page 57** in the mealtime insulin guide that you will find in the back pocket of this booklet.



You will find a tear-off card in the back of your tracker. Ask your doctor to write your starting dose there too. You can carry the card in your wallet.



Your doctor may ask you to make adjustments to your mealtime insulin dose for a while. Make sure your doctor writes down your blood sugar range and teaches you how you should adjust your insulin dose. At some point, your doctor may ask you to add insulin to another meal too.

Use these charts to work with your doctor and diabetes care team to plan and adjust your mealtime dose.



Guide to Tracking and Adjusting Your Mealtime Insulin Dose			
If your doctor has told you to adjust your mealtime insulin dose, have him or her complete this section for you and walk you through the example. <b>Change or adjust your mealtime dose only as instructed by your doctor.</b>			<b>Day 1 starting dose:</b> <b>1</b> _____
<b>2 When to take mealtime insulin:</b>	<input type="checkbox"/> Breakfast <input checked="" type="checkbox"/> Before lunch	<input type="checkbox"/> Lunch <input checked="" type="checkbox"/> Before dinner	<input type="checkbox"/> Dinner <input checked="" type="checkbox"/> At bedtime
<b>3 When to check blood sugar:</b>	Before lunch	Before dinner	At bedtime
<b>4 If your blood sugar reading is:</b>	<b>The next day you should:</b>		
_____ or less (example: 70 or less)	Subtract ____ unit(s)		
Between _____ and _____ (example: between 71 and 130)	Take the same dose you took today		
_____ or more (example: 131 or more)	Add ____ unit(s)		

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# Diabetes care checklist

Diabetes cannot yet be cured. But it can be managed. One part of managing your diabetes is knowing your numbers. Fill in your numbers on this checklist.

## A1C and daily blood sugar readings



### Your A1C and daily blood sugar goals

Blood sugar before meals:

Blood sugar 1 to 2 hours after the start of a meal:

A1C:

## Blood pressure

- Every time you visit the doctor, get your blood pressure checked
- Goal is less than 140/80 mm Hg for many adults with diabetes



**Your blood pressure goal:**

## Cholesterol

- At least once a year, have your blood cholesterol checked
- Below are the goals for many adults with diabetes

### LDL ("bad") cholesterol

- Without heart disease Less than 100 mg/dL
- With heart disease Less than 70 mg/dL

### HDL ("good") cholesterol

- Men More than 40 mg/dL
- Women More than 50 mg/dL

### Triglycerides

Less than 150 mg/dL



### Your cholesterol goals:

LDL

HDL

Triglycerides

## Eye exam

- Get a dilated and complete eye exam by an eye care specialist
- Make sure your exam results are sent to your diabetes care team. They should be part of your medical record
- Call your eye care specialist or diabetes care team right away if you notice any change in your vision

ONCE  
A  
YEAR

**Date of your next  
eye exam:**



## Kidneys

- Once a year, have your urine and blood tested
- Keep your blood sugar readings and blood pressure as close to your goal as possible

ONCE  
A  
YEAR

**Date of your next  
kidney exam:**



## Feet

- Once a year, get a complete foot exam by your doctor
- Take your socks and shoes off during every office visit
- At home:
  - Check your feet every day for any sign of injury
  - Inspect your feet every day for cuts, blisters, cracks, swelling, and dry skin
  - Tell your doctor about any injury that does not heal
  - Wear shoes and socks that fit well. Do not go barefoot



ONCE  
A  
YEAR

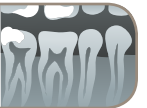
**Date of your next  
complete foot exam:**



## Dental exam

- Have a dental exam as often as your diabetes care team recommends

**Date of your next  
dental exam:**



## Immunizations

Ask your diabetes care team if you need:

- A flu shot once a year
- Shots for pneumonia and hepatitis B



**Date of your next immunizations:**

## Quit smoking

- It is really important to stop smoking if you have diabetes
- Here are some steps to help:
  - Decide on a quit date. (Choose a time when you won't be too stressed)
  - Reward yourself for every successful nonsmoking day
- For free help, call 1-800-QUIT-NOW (1-800-784-8669) or visit [smokefree.gov](http://smokefree.gov)



**Your quit date:**

Recommendations based on:

American Diabetes Association. Standards of medical care in diabetes—2014. *Diabetes Care*. 2014;37(suppl 1):S14-S80.

## Diabetes care plan

Ask questions about your diabetes care plan, and make sure you know what steps you need to take. Check the boxes below when you complete each step of your plan.

- ☐ A plan for when to take your diabetes medicines
- ☐ A meal plan
- ☐ A physical activity plan
- ☐ A plan for how and when to check your blood sugar
- ☐ A plan for meeting other health goals (such as managing blood pressure and cholesterol)
- ☐ A schedule for regular health check-ups
- ☐ Ways to deal with stress



Visit [Cornerstones4Care.com](http://Cornerstones4Care.com) to download tools that can help you keep track of your numbers.



## Glossary of terms

### A1C

A test that gives you a picture of your estimated average blood sugar reading over the past 2 to 3 months. Along with your daily blood sugar checks (see below), the results help show how well your diabetes care plan is working.

### Blood sugar checking

Blood sugar checks that you do each day on your own according to the schedule that your diabetes care team gives you. The checks are done with a meter. Along with your A1C, the results tell you how well your diabetes care plan is working.

### Cholesterol

A type of fat produced by the liver and found in the blood. It is also found in some foods. The body uses cholesterol to make hormones and build cell walls.

### Fasting plasma glucose (FPG)

Your blood sugar reading after you have not eaten for 8 to 12 hours (usually overnight).

### HDL cholesterol

Stands for “high-density lipoprotein cholesterol.” Also called “good” cholesterol. A fat found in the blood that takes extra cholesterol out of the blood and brings it to the liver for removal from the body.

### LDL cholesterol

Stands for “low-density lipoprotein cholesterol.” Also called “bad” cholesterol. A fat found in the blood that takes cholesterol around the body to where it is needed for cell repair and also puts it on the inside of the walls of arteries.

### Long-acting insulin

A type of insulin that starts to lower blood sugar within hours after injection and has a duration of action up to 24 hours after injection.

### Mealtime insulin

Insulin that you take with meals to control the blood sugar spikes that occur when you eat.

### Postprandial plasma glucose (PPG)

Your blood sugar reading 1 to 2 hours after eating.





## Support online

Enjoy the benefits and support of the free Cornerstones4Care® program. Simply enroll online at [Cornerstones4Care.com](https://www.cornerstones4care.com) or fill out the postcard in this book. You'll be able to take advantage of all sorts of free tools for managing your diabetes, including meal planners and recipes. Don't miss this chance. Join today!

## novo nordisk is dedicated to diabetes

### Diabetes is our passion and our business

As a leader in diabetes, Novo Nordisk is dedicated to improving diabetes care worldwide. Novo Nordisk first marketed insulin for commercial use in 1923. Today we offer a broad line of medicines for diabetes. Novo Nordisk created the world's first prefilled pen device for injections.

If you are having trouble affording your Novo Nordisk brand medicine, you may qualify for help. Call the Customer Care Center at 1-800-727-6500 to see if you qualify for assistance.

For more information about Novo Nordisk products for diabetes care, call 1-800-727-6500.



To order additional trackers, please call  
1-800-727-6500.

