The Cornerstones4Care® educational series is designed to help people with diabetes and their care partners work with the diabetes care team to learn about and manage diabetes.

- diabetes and you
- your guide to better office visits
- diabetes medicines
- carb counting and meal planning
- staying on track
- supporting someone with diabetes

The photographs used in this booklet are for illustration only. The models in the photographs do not necessarily have diabetes or other ailments.

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This booklet belongs to:

Name
Address
City    State    ZIP
Phone    E-mail

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

Favorably reviewed by:

[Image: AFAVORABLY REVIEWED
American Association of Diabetes Educators]

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.
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.

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

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. 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.

“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
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.

Know your numbers

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.

ASC and daily blood sugar readings

<table>
<thead>
<tr>
<th>Blood sugar before meals</th>
<th>Blood sugar 1 to 2 hours after the start of a meal</th>
<th>A1C</th>
</tr>
</thead>
</table>

Cholesterol

- **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

Blood pressure

- Every time you visit the doctor, get your blood pressure checked
- Goal is less than 140/90 mm Hg for many adults with diabetes
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:

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

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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Goals for many adults with diabetes</th>
<th>Your goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before meals</td>
<td>70 to 130 mg/dL</td>
<td>__________</td>
</tr>
<tr>
<td>1 to 2 hours after the start of a meal</td>
<td>Less than 180 mg/dL</td>
<td>__________</td>
</tr>
<tr>
<td>A1C</td>
<td>Less than 7%</td>
<td>__________</td>
</tr>
</tbody>
</table>

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 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.
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.
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

<table>
<thead>
<tr>
<th>Your A1C and daily blood sugar goals</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood sugar before meals:</td>
<td></td>
</tr>
<tr>
<td>Blood sugar 1 to 2 hours after the start of a meal:</td>
<td></td>
</tr>
<tr>
<td>A1C:</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>LDL (&quot;bad&quot;) cholesterol</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Without heart disease</td>
<td>Less than 100 mg/dL</td>
</tr>
<tr>
<td>• With heart disease</td>
<td>Less than 70 mg/dL</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HDL (&quot;good&quot;) cholesterol</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Men</td>
<td>More than 40 mg/dL</td>
</tr>
<tr>
<td>• Women</td>
<td>More than 50 mg/dL</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Triglycerides</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 150 mg/dL</td>
<td></td>
</tr>
</tbody>
</table>

Your cholesterol goals:

<table>
<thead>
<tr>
<th>LDL</th>
<th>HDL</th>
<th>Triglycerides</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Your blood pressure goal:**

**EVERY DOCTOR VISIT**
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

**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

**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

**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

Your quit date:

Diabetes care plan
As you care for your diabetes, 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 to download tools that can help you keep track of your numbers.

Recommendations based on:
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.
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.

Support online

Enjoy the benefits and support of the free Cornerstones4Care® program. Simply enroll online at 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!

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