

## 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 three 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](#)

Sources:

\*American Diabetes Association  
diabetes.org

\*Diabetes Health  
diabeteshealth.com

\*American Heart Association Diabetes Subpage  
heart.org/HEARTORG/Conditions/Diabetes/Diabetes\_UCM\_001091\_SubHomePage.jsp,  
accessed November 8, 2013.

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¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 1-844-406-2396 para Florida Medicaid, 1-877-440-3738 para Long-Term Care o TTY 711 para recibir esto gratuitamente en otros idiomas o formatos.

Èske ou bezwen èd ak swen sante ou, èd pou pale ak nou, oswa pou li sa nou voye ba ou? Rele nou gratis nan 1-844-406-2396 pou Florida Medicaid, 1-877-440-3738 pou Long-Term Care oswa TTY 711 pou w jwenn sa gratis nan lòt lang oswa nan lòt fòm.

Vous avez besoin d'aide pour vos soins de santé, pour communiquer avec nous ou pour lire les documents que nous vous envoyons ? Appelez-nous à notre numéro gratuit 1-844-406-2396 pour Florida Medicaid, 1-877-440-3738 pour Long-Term Care ou TTY 711 afin d'obtenir ceci gratuitement dans d'autres langues ou formats.

Ha bisogno di supporto con l'assistenza sanitaria, per parlare con noi oppure leggere ciò che le abbiamo inviato? Ci contatti al numero gratuito 1-844-406-2396 per Florida Medicaid, 1-877-440-3738 per Long-Term Care o TTY 711 per ottenere supporto senza costi aggiuntivi in altre lingue o formati.

Вам нужна помощь с медицинским обслуживанием, консультацией или материалами, которые мы вам прислали? Позвоните нам по бесплатному номеру 1-844-406-2396 в случае Florida Medicaid, 1-877-440-3738 в случае Long-Term Care или TTY 711 чтобы получить эти материалы на другом языке или в другом формате.