

Checking your BLOOD GLUCOSE

Frequently checking your **blood glucose** (blood sugar) may help delay or prevent complications from diabetes. Your diabetes care team will help decide when and how often to check your blood glucose.

You might check your blood glucose:

- When you wake up
- Before meals
- 1 to 2 hours after you start your meal
- Before, during, and after physical activity
- At bedtime



Don't forget!

Know your **A1C** and **blood glucose** goals

Use a blood glucose **tracker** to record your levels and other important information

Download a **FREE blood glucose tracker** at
[Cornerstones4Care.com](https://www.cornerstones4care.com)

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