

**DIABETES**

# Keeping Track of Your Blood Sugar



When you are diabetic, you need to keep track of your blood sugar. Keeping your blood sugar readings close to normal (70-120) helps prevent or delay some problems related to diabetes. You can keep track of your blood sugar with a glucometer.

## WHAT IS A GLUCOMETER?

A glucometer is an electronic meter that tests the sugar in your blood. If you do not have a glucometer, your doctor can write a prescription so you can get one. Your doctor will tell you how often and when to test yourself.

Your diabetes care team and doctor can show you how to do the test yourself. Blood sugar testing can show you how

food, physical activity and diabetes medicine change your blood sugar level. Testing can tell you when your blood sugar is too high or too low. Your doctor needs these results to treat you.

Your doctor will set a goal for your blood sugar levels and show you how to record your blood sugar in your logbook. If you need a daily logbook, you can make copies of the back of this flyer.

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**FOR MORE INFORMATION** about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះមាននៅក្នុងភាសាខ្មែរ និងភាសាស្រីលង្កា និងភាសាអង់គ្លេស។ ប្រសិនបើអ្នកមានបញ្ហាខ្លះៗ ក្នុងការអាន ឬ ការយល់ព័ន្ធនឹងព័ត៌មាននេះ តាមរយៈការទូរស័ព្ទទូទៅ ខាងសេវាសមាជិក ឬ លេខទូរស័ព្ទ 1.800.414.9025 (លេខពិសេស: អ្នកមានបញ្ហាខ្លះៗ ក្នុងការអាន ឬ ការយល់ព័ន្ធនឹងព័ត៌មាននេះ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).

