

Cornerstones4Care®

# your blood sugar diary

staying on track



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## Get all of your FREE diabetes e-books

Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to find out how to get all five e-books in this educational series from Novo Nordisk.



**Diabetes and You** provides an overview on what diabetes is and the steps necessary to help manage it.

**Your Guide to Better Office Visits** helps you keep accurate and comprehensive records in one easy-to-find place. So you can customize your care schedule with your diabetes care team.

**Diabetes Medicines** describes how diabetes affects your body, introduces you to different types of diabetes medicines and outlines options you can discuss with your diabetes care team.

**Carb Counting and Meal Planning** gives you the basics for planning healthy meals and an introduction to counting carbs and gauging portion size.

**Your Blood Sugar Diary** helps you to stay on track with your blood sugar goals. Use it to record the results of your blood sugar checks and share them with your diabetes care team at your next visit.

The *Cornerstones4Care*® e-book educational series is designed to help people with diabetes work with their diabetes care team to learn about and manage diabetes.

**For more information, visit [Cornerstones4Care.com](https://www.cornerstones4care.com).**

## Make sure you're on the right track

Keeping a close eye on your blood sugar levels can give you and your diabetes care team a good idea of how well your diabetes medicine is working. So it's important to check your blood sugar as directed by your diabetes care team. Remember to write down the results and share this information with your diabetes care team at your next office visit.

Using the blood sugar diary and sharing the results with your diabetes care team can help you adjust your medicine as needed to help you reach your blood sugar goal.

To order a new blood sugar diary, please call 1-800-727-6500.

"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

You can learn more about checking your blood sugar and staying on track at [Cornerstones4Care.com](https://www.cornerstones4care.com). Plus, when you enroll in the *Cornerstones4Care*® program, you will have access to online tools and resources and receive ongoing support.

**For more information about Novo Nordisk products for diabetes care, please go to [Cornerstones4Care.com](https://www.cornerstones4care.com) and click on *Diabetes Medicines*.**

## How to use your diary

The table below lists blood sugar goals for many adults with diabetes. You and your diabetes care team will set the goals that are right for you. Write your 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 – 2013. *Diabetes Care*. 2013;36(suppl 1):S11-S66.

**“Monitoring your blood sugar and eating habits truly makes each of us a winner in all aspects of our diabetes care. I have had diabetes for approximately 43 years and lead a ‘close-to-normal’ life.”**

– Carolyn P, Arizona

**If you check your blood sugar and it is too low, you should not take your insulin. Ask your diabetes care team how often you should check your blood sugar and what to do if it is high or low.**

Here's how to use the blood sugar diary:

Day/ date	Time	Diabetes medicine type and dose	Blood sugar			
			Breakfast		Lunch	
Mon	6:30 am	10u 70/30	Before	After	Before	After
1 4/22	2	3	Time 6 am	4 8 am		
			90 mg/dL	150		

↑ Time    ↑ Blood sugar reading

- 1 Write down the date
- 2 Write the time you took your diabetes medicine
- 3 Write the type and amount of your diabetes medicine
- 4 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 are usually taken after bedtime and before breakfast



Blood sugar results*				Ketone test results	Carb intake	Activity
Supper		Bedtime	Night			
Before	After			5	6	7
				5 <i>neg</i>	6 <i>26 carbs</i>	7 <i>Walked 1 hour at 7 pm.</i>
				8 <b>Notes</b>	<i>Stressed out about starting new job tomorrow.</i>	

- 5 If your doctor suggests ketone testing, write your ketone test results here
- 6 If you are counting carbs, write how many grams of carbs you ate
- 7 Write how many minutes of physical activity you did
- 8 Write notes about anything that might have affected your blood sugar readings, such as the food you ate, any physical activity you did, or any stress you might be under

9	A1C	<i>7.0</i>	Date	<i>4/29</i>
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- 9 Use the last row to record your latest A1C levels, along with the date of the check

If you would like to use an online blood sugar diary, you can find one at [Cornerstones4Care.com](http://Cornerstones4Care.com).

# Your blood sugar diary

Day/ date	Time	Diabetes medicine type and dose	Blood sugar			
			Breakfast		Lunch	
Mon			Before Time	After	Before	After
			mg/dL			
Tue			Before Time	After	Before	After
			mg/dL			
Wed			Before Time	After	Before	After
			mg/dL			
Thu			Before Time	After	Before	After
			mg/dL			
Fri			Before Time	After	Before	After
			mg/dL			
Sat			Before Time	After	Before	After
			mg/dL			
Sun			Before Time	After	Before	After
			mg/dL			

A1C

Date



If you'd like to use an online blood sugar diary, you can find one at [Cornerstones4Care.com](https://www.cornerstones4care.com).

Blood sugar results*				Ketone test results	Carb intake	Activity
Supper	Bedtime	Night				
Before	After					
				Notes		
Before	After					
				Notes		
Before	After					
				Notes		
Before	After					
				Notes		
Before	After					
				Notes		
Before	After					
				Notes		

\*You and your diabetes care team will decide the best times for you to check your blood sugar.



## Support online

Enjoy the benefits and support of the free *Cornerstones4Care*® program. Simply enroll online at [Cornerstones4Care.com](http://Cornerstones4Care.com). You'll be able to take advantage of all sorts of tools for managing your diabetes, including an online blood sugar diary and a My Priorities tool to help you create a personalized action plan. 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.



The *Cornerstones4Care*® educational series is designed to help people with diabetes work with their 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
- your blood sugar diary

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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