

Steps to Getting into and Staying in Recommended Blood Glucose Ranges

1. Know your target A1c goal level (3 month average blood glucose done in doctor's office).
 - Less than 7% (American Diabetes Association) **or**
 - Less than or 6.5% (American College of Endocrinologists)
2. Find out your A1c from your doctor.
3. If you are in the recommended range, continue checking 3 times a week if on pills and 4 or more times a day if taking insulin, or however often you and your doctor have decided is right for you.
4. If you are higher than your A1c goal, use your glucometer and **Keeping Track** form to find out where your problems are.
 - Choose a day or several days to fill out this form.
 - Fill in all of the information for each time of day, including measurements:
 - Cups of food
 - Minutes of exercise
 - Tablets of medicine or units of insulin
 - Do blood glucose checks before meals and 2 hours after meals for at least one week day and one weekend day.

- If you take insulin, test at least 4 times daily.
 - Include 2 hours after meals tests
 - Write down the type and amounts of exercise and medicines.
- If you take diabetes pills and **not** insulin, you may choose to do before meals and 2 hours after meal tests, and write down activity and medicines for breakfast on Monday, lunch on Tuesday, supper on Wednesday.
 - You may skip Thursday and Friday if you want.
 - Test before meals and 2 hours after several meals on Saturday and Sunday.

5. Take the completed Keeping Track form(s) with you to your next doctor's visit so your doctor can use it to adjust your treatment plan.

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