

# My logbook

**ONETOUCH®**  
every touch is a step forward®

If this logbook is found, please return to:

My Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

I have diabetes. In case of emergency, please call:

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

My Health Care Team/Resources:

Doctor \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

Dietitian \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

Hospital \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

Diabetes Educator \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

Pharmacist \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

# Why test your blood glucose (blood sugar)?

To help you and your healthcare team adjust your diabetes treatment plan when needed. A OneTouch® blood glucose meter with ColorSure® technology, helps you better understand your results.

## What are my blood sugar targets?

Time	My Target Range*
 Before meals	
 2 hours after start of a meal	
 Bedtime	
Other times	

\* Always ask your doctor or other health care professional about your unique blood glucose target ranges. And don't forget to write them down to help guide you to make decisions based on your test results.

# How to use your logbook

Week of 8/9 1

	Breakfast			Lunch		
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Mon	70 <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">2</span>	123	6 <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">4</span>	120	160	8
Time		8 am <span style="border: 1px solid green; border-radius: 50%; padding: 2px;">3</span>				

Notes: Pizza lunch, Pasta dinner 6

Use this logbook to help you learn how food, medication and exercise affect your blood sugar. Then make healthy decisions each day to better manage your diabetes.

Here's how to work with your logbook:

- 1 Fill in the date.
- 2 When testing blood sugar before and after meals, write down the "before-meal" result in the column and the "after-meal" result in the column.
- 3 Write down the time you test your blood sugar.

Dinner	Snack	Other	Bed
180	210 <b>5</b>		

= before meal

= after meal

= insulin/meds

= bedtime

- 4 Write down any amount of medication you've taken (insulin and/or diabetes pills), in the column.
- 5 When your result is high or low, circle it so you can see it at a glance.
- 6 Use the comments section to remark on anything important like meals eaten, exercise, or stress.

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Dinner	Snack	Other	Bed







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The OneTouch Reveal® app contains an electronic logbook to track your blood glucose results.

The OneTouch Verio Flex® meter connects wirelessly with the OneTouch Reveal® app.

**Download the OneTouch Reveal® app at no charge**



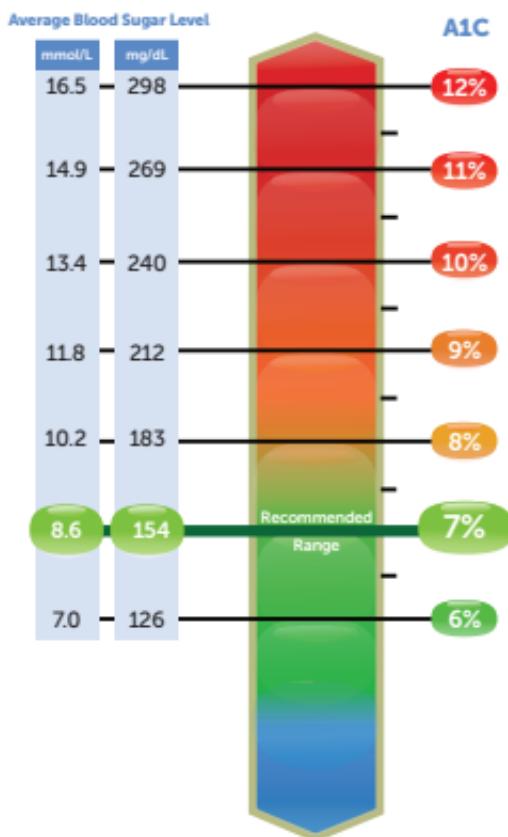
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# Make the connection

## Average blood sugar level and A1c

Get on track to help you feel great with small steps and the right support towards getting you in the **Green** range.



 [OneTouch.com](https://www.onetouch.com)

 Customer Care: 800-227-8862  
7 days/week 8:00 AM – 8:00 PM EST

**ONETOUCH®**  
every touch is a step forward™

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