

TIPs sheet - Setting Reminders for Checking Your Blood Glucose Levels

Controlling your blood sugar is important for staying healthy and avoiding diabetes complications. Combined with diet, exercise, and sometimes medications, testing your blood sugar regularly with a blood glucose meter will let you know if you're successfully managing your diabetes.*

Some helpful strategies for remembering to check your blood glucose regularly include:

- Decide how often you should be monitoring your blood glucose:
 - Your doctor will be able to recommend how often you should be checking your blood glucose based on your health and any medications you might be taking.
 - Another helpful guide is available online:
<http://guidelines.diabetes.ca/bloodglucoselowering/smbgtoolpwd>. This tool can help you see some patterns for monitoring so you can understand the changes on your blood glucose level caused by things like exercise and meals.
- Stick to your schedule: Once you and your doctor decide how often and when you should be checking your blood sugar, it will be important to stay on track. If you do not have to check every day, use the same days of the week when you do check (for example Monday, Wednesday and Friday). Think about setting an alarm to remind you that it is time to check your blood glucose. Plan ahead for any situations that might change your schedule.
- Using a tracking sheet:
 - You can use a paper-based log to record your blood sugar readings. A great tool is available at http://smbg.diabetes.ca/CDA_SMBG_Log.pdf. You can post this log somewhere you see every day like on your refrigerator or the mirror of your bathroom. Make sure to fill out the goals section so you can track your progress!
 - You can also use an app on your smartphone. There are many different apps available to help you; some are free and others cost a small fee. This article shows a helpful break-down of what each app has to offer:
<http://clinical.diabetesjournals.org/content/30/4/173.full.pdf+html>
- Remove barriers: To stick to your plan, try to make it as easy as possible so you do not have any excuses not to measure. Have all the supplies you need on hand, such as testing strips, and have your glucose meter calibrated at your next clinic appointment to make sure it is accurate. Be sure to read our tips sheet on reducing the pain of testing.

Be sure to share your results with your healthcare team!

* some information taken from <http://www.everydayhealth.com/health-report/diabetes-treatment-and-management/glucose-testing.aspx>.