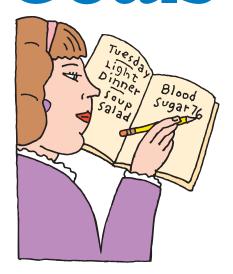
Blood Sugar Goals



Good blood sugar control is important for everyone with diabetes. But reaching your blood sugar goals can be hard at times. Here are some things you can do to help you reach your goals:

- Check your blood sugar often
- Keep a diary of all blood sugar readings
- Eat meals at regular times and don't skip meals
- Keep a food diary or journal
- Be active (walk, run, swim, ride a bike) at least 30 minutes every day
- Reduce the stress in your life
- Keep all doctor appointments
- Bring your blood sugar diary to doctor appointments
- Discuss your blood sugar goals during every doctor visit
- Sleep 7 to 8 hours each night
- Have a plan for sick days
- Know the signs of low blood sugar and how to treat it
- Take your diabetes medicine every day



| Blood Glucose Goals* | | |
|--|--|-----------|
| ı I I Time | Adults With Diabetes | Your Goal |
| Before Meals | 70 to 130 mg/dL | |
| 2 Hours After Meals (postprandial) | Less than 180 mg/dL | |
| A1C *American Diabetes Associ | 7% or less ation guidelines (plasma values) | |

Call your doctor's office or the diabetes clinic right away if your blood sugar is out of control and you don't know why or you are not sure what to do. They are there to help.

