Both high and low blood sugars can lead to serious health problems, such as an increased risk of:

- Increased risk of heart attack
- Increased risk of stroke
- Vision problems
- Kidney problems

Managing diabetes is challenging, but DIABETES EDUCATION helps people live long, healthy lives.

Talk to your doctor or visit wa211.org to find a class.

My blood glucose GOAL IS:

BEFORE MEALS: TO AFTER MEALS:

2 HOURS after start of meal:

MY HEALTHCARE PROVIDER:

Name: ____________________________
Phone: ____________________________

My provider wants me TO CHECK:

PER DAY PER WEEK

- Before breakfast
- After meals
- Before meals
- Before bed

200 mg/dL

19-30 mg/dL

28-2
<table>
<thead>
<tr>
<th>Date and TIME</th>
<th>My Blood GLUCOSE</th>
<th>Date and TIME</th>
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<th>My Blood GLUCOSE</th>
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<th>My Blood GLUCOSE</th>
</tr>
</thead>
</table>

**COMMENTS**

Food, Activity, Stress

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