

Target Glucose Range (Adults with Diabetes)

Pre-Prandial Glucose ¹	Post Prandial Glucose ²
80-130 mg/dL	<180 mg/dL

Source: American Diabetes Association Guidelines,
Standards of Medical Care in Diabetes 2014-2016

- 1) Fasting and pre-meal glucose
2) 2 hour post-meal glucose

**Target glucose range should be individualized
in consultation with your doctor. Please
consult your doctor.**

Recommended Testing Frequency

Type 1	Type 2	
	Insulin Treated	Non-Insulin Treated
6-8 times daily	2-3 times a day*	Please consult your doctor

Source: American Diabetes Association Guidelines,
Standards of Medical Care in Diabetes 2014-2016

*** To be confirmed with the consulting doctor
based on the prescribed insulin regimen.**

**Note: The above is not meant to replace any
medical advice.**

**Maintaining good diabetes control
gives you more lifestyle flexibility and
helps you feel better.**



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Making sense of your blood glucose (bG) results



Blood Glucose Monitoring System



Looking at structured blood glucose monitoring patterns helps you and your medical practitioner identify the **times of the day when your bG is high or low**. This information helps you and your healthcare team make more informed decisions about changes in your diabetes care.



Knowing how different foods and meal sizes **impact your bG** allows you to eat a variety of foods and still maintain **good control over your diabetes**.



Testing bG before and after exercise shows you the impact of physical activity on your bG control. This type of positive feedback can help you maintain a **regular exercise** regime. And you will be able to feel better.



Sick days and times of stress can have a big impact on bG levels. Regular bG testing during times of illness and stress gives you a better understanding of how these health events affect your bG.