**Target Glucose Range** (Adults with Diabetes) Pre-Prandial Post Prandial Glucose1 Glucose<sup>2</sup> 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.

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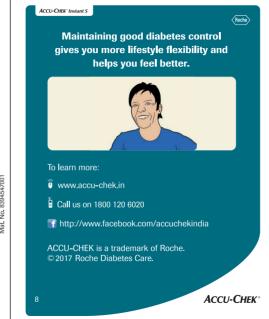
**Recommended Testing Frequency** Type 2 Type 1 Insulin Non-Insulin Treated Treated 6-8 times Please consult 2-3 times a day\* dailv your doctor Source: American Diabetes Association Guidelines.

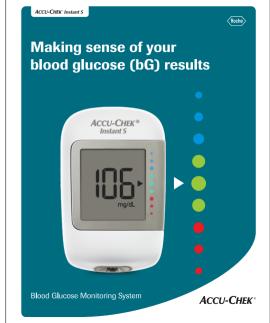
Standards of Medical Care in Diabetes 2014-2016 \* To be confirmed with the consulting doctor

based on the prescribed insulin regimen. Note: The above is not meant to replace any

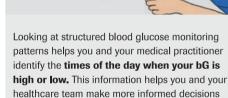
medical advice.

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Knowing how different foods and meal sizes impact your bG allows you to eat a variety of



**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

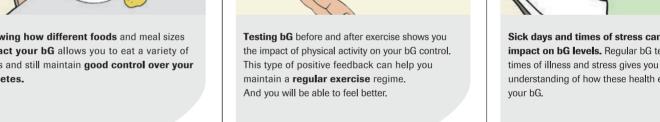


impact on bG levels. Regular bG testing during times of illness and stress gives you a better understanding of how these health events affect

about changes in your diabetes care.



maintain a regular exercise regime. And you will be able to feel better.



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healthcare team make more informed decisions ACCU-CHEK® ACCU-CHEK®