

Accu-Chek® 360° Testing in Pairs

This simple tool helps you track your blood sugar before and after specific events to see how the things you do affect your blood sugar. For just a few days, see what works for you.

1 Each day, check your blood glucose before:

_____ Meal/Activity

and write the number in the Before column.

2 Check your blood glucose again:

_____ Hours/minutes later

Write this number in the After column, and note anything you want to remember.

Name: _____

If using for meals, these are the recommended target values:¹

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What do I want to learn?				Target HbA1c	Before meal	After meal
				<6.5%	4.0-7.0 mmol/L	<8 mmol/L
				<7%	4.0-7.0 mmol/L	<10 mmol/L
				<8%	4.0-7.0 mmol/L	<12 mmol/L
Day	Before	After	Change	Notes:		
1						
2						
3						
4						
5						
6						
7						

3 How did your blood glucose change?

If you are using this tool for meals, look out for any changes that are greater than 2.8 mmol/L.

Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.



 **What did I learn?**

 **What questions do I have for my healthcare provider?**

Congratulations on completing the Accu-Chek® 360° Testing in Pairs tool.
Visit www.accu-chek.co.za for more tips and tools on managing your diabetes.

 Join the Conversation at
AccuChekSubSahara
Be part of our online Community!

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1. The Society of Endocrinology, Metabolism and Diabetes of South Africa Type 2 Diabetes Guidelines Expert Committee. The SEMDSA 2017 Guidelines for the Management of Type 2 Diabetes Mellitus. JEMDSA, 2017;22(1)(Supplement 1): S1 -S182.

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