

What is diabetes?

Checking your blood sugar

Checking your blood sugar is often the best way to be sure that your diabetes is under control. Checking often will tell you:

- If your insulin or other diabetes medicine is working
- How physical activity and the foods you eat affect your blood sugar

You'll usually feel better and have more energy when your blood sugar stays at or near normal. Managing your blood sugar can also reduce your risk of developing problems from diabetes.

Many different kinds of blood sugar meters are available today. Your diabetes care team can help you choose a meter and show you how to use it.

The table on this page lists blood sugar goals for people with diabetes. You and your doctor will set the goals that are right for you. Write your goals in the last column.



Time	Goals for people with type 1 or type 2 diabetes*	Your goals
Before meals	70 to 130 mg/dL	
1 to 2 hours after the start of a meal	Less than 180 mg/dL	
A1C	Less than 7%	

*If you have gestational diabetes, your doctor will talk with you about the blood sugar goals that are right for you.
Adapted from the American Diabetes Association. Standards of medical care in diabetes—2011. *Diabetes Care*. 2011;34(suppl 1):S11-S61.

Managing your diabetes every day

Diabetes cannot yet be cured, but it *can* be managed. You can manage it by taking good care of yourself. Your diabetes care team will help you develop a diabetes care plan that is right for you. If you have questions about your plan, be sure to let your team know!

For more information, visit Cornerstones4Care.com

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