ONETOUCH®
Blood Glucose Monitors

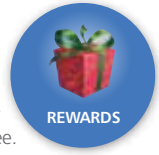
Johnson & Johnson MEDICAL

Learn about Diabetes & Earn rewards at the same time

ONETOUCH® zone

our engagement and rewards program that

Empowers you through Education
Learn how to manage your diabetes better with e-newsletters and sms tips / reminders.



Appreciates you through Rewards#
Earn points on the purchase of OneTouch® strips and redeem them against strips or lancets for free.

TRAC
Test & Record to Achieve Control

ONETOUCH® Ultra®2

How to Enroll?

Buy Onetouch® (Ultra® 2/SelectSimple™)
blood glucose monitor and become a member of OneTouch® Zone today!

Call Onetouch® Customer Service at 1-800-22-5544 (Toll-Free) or 022-30845544(call charges, as applicable). (From 7 am to 11 pm all days) or for more information visit: www.Onetouch.co.in

Conditions apply

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ONETOUCH®
Blood Glucose Monitors

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Simple Start™ Diabetes Log Book

PERSONAL DETAILS

Name

Date of Birth M/F ☐

Res. Address

Tel. (O)

Name of Doctor

Doctor's Address

Tel. (Clinic) (R)

Name of Diabetes Educator

Tel.

In case of emergency contact

Name

Tel.

What is Self-monitoring of blood sugar?

Self-monitoring of blood sugar is the process of testing your blood sugar at home at regular intervals, through the use of blood glucose monitors to stay in the Diabetes Safe Zone. Diabetes Safe Zone refers to blood glucose levels considered safe by your doctor.

Why should you test?

Checking your blood glucose levels can:

- Tell you what your blood glucose level is right away
- Show you how your activities, meals and medication are affecting your blood glucose levels
- Help you to understand what lifestyle factors affect your blood glucose
- Help you and your diabetes healthcare team make changes to your lifestyle and medication(s) to better manage your diabetes

When should you test?

The most effective way to manage your diabetes is to test around the events that affect your blood glucose the most: meals, exercise, medications, and mood swings.

Even if you are not on medication, testing your blood glucose will give you some valuable information to help you better manage your diabetes.

Testing should be done at different times of the day:

- Testing before and 2 hours after meals will tell you how certain foods affect your blood glucose
- Testing before, during and many hours after exercise will let you know how the activity affected your blood glucose
- Test more frequently when you are making adjustments to daily activity, food intake and medication
- Test more frequently if you are not feeling well

What you can learn from testing your blood sugar?

Possible times your doctor may tell you to test*	What you can learn
In the morning, before eating	How well your body is regulating your blood sugar overnight. How well an evening medication has worked to keep your blood sugar steady overnight.
Before and 1-2 hours after the beginning of the meal	How food and portion choices in a meal affect your blood sugar. How well your medication is working to control the increase in blood sugar from your meal.
Before a meal	If your blood glucose has returned to target range after your last meal. If you need to adjust the carbohydrates in your meal.
Before activity	If you need a snack before you start an activity.
During activity	How the activity affects your blood glucose.
Many hours after activity	If the activity causes a delayed effect on your blood glucose.
When you feel sick	If illness or stress is affecting your blood glucose level.
As suggested by your health care professional	How well your medication is working.

*Always test according to the recommendations of your doctor

Medication

Date	Insulin Name	Corrective dose units	Time/day

Date	Oral Diabetes Medications	Dose	Time/day

What are your sugar goals?

Start by asking your healthcare professional to set your blood sugar goals and your schedule for checking your blood sugar

When to check	My goals
Fasting (before breakfast)	_____mg/dL
Before Meal (lunch/dinner)	_____mg/dL
After Meal (any meal)	_____mg/dL

ADA guidelines for glycemic goals in adults with diabetes*

HbA1c	<7.0%
Preprandial (Before meals) glucose	70–130 mg/dL
Peak postprandial glucose (1-2 hours after start of meal)	<180 mg/dL

* Follow your doctor's recommendation for testing

Dummy log page

	Breakfast		Lunch		Dinner		Bedtime	Comments (Medication,food, activities, sickness etc.)
Date	Before	After	Before	After	Before	After	Result	
	80		60				220	
						110	250	

Instructions:

1. Fill in the date & time
2. When testing blood sugar before and after meals, write down the "before-meal" result in the Before column and the "after-meal" result in the After column.
3. When your result is high or low, circle it so you can see it at a glance.
4. Use the notes section to remark on anything important-like diet, exercise or stress.
5. Test your blood sugar as recommended by your doctor.

Tip: to minimize the pain of testing, change the lancet after every use*
*lancets are sterile and for single use only to reduce the risk of infection

Blood Glucose Results

	Breakfast		Lunch		Dinner		Bedtime	Comments (Medication,food, activities, sickness etc.)
Date	Before	After	Before	After	Before	After	Result	

Blood Glucose Results

	Breakfast		Lunch		Dinner		Bedtime	Comments (Medication,food, activities, sickness etc.)
Date	Before	After	Before	After	Before	After	Result	

Blood Glucose Results

	Breakfast		Lunch		Dinner		Bedtime	Comments (Medication,food, activities, sickness etc.)
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Blood Glucose Results

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Date	Before	After	Before	After	Before	After	Result	

Diabetes care schedule

Diabetes can affect many parts of your body, so it's important to meet with your health professional regularly. You can take action in helping to manage your diabetes by talking with your health professional about the following tests and exams and making sure they're done as recommended.

ADA Diabetes Management Recommendations					
Every visit: test/exam	Goal	Date(s)	Results	Date(s)	Results
Weight					
Blood pressure	<130/80 mm Hg				
Blood sugar (glucose)					
Before meals	70-130 mg/dl				
1-2 hrs after meals	<180 mg/dl				

ADA Diabetes Management Recommendations			
Every 3-6 month: test/exam	Goal	Date(s)	Results
HbA1c- tests average blood sugar (glucose) level over the past 2-3 months	<7%		
Yearly: Test/Exam	Goal	Date(s)	Results
Cholesterol/Triglycerides			
Triglycerides	<150 mg/dl		
HDL	Men >40 mg/dl		
Women >50 mg/dl			
LDL	<100 mg/dl (<70 mg/dl*)		
Albuminuria - Detects protein in the urine	<30 mcg/mg creatinine		
Foot exam - checks for numbness, coldness, sensitivity to touch, or ulcers			
Dilated eye exam - lets doctor examine back wall of eye			
Flu shot			

*A lower LDL goal of <70 mg/dl may be an option for those patients with type 2 diabetes and established cardiovascular disease.

Notes:

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