

emVia™

embecta™

My Diabetes Logbook





Thank you for choosing our system

Our system provides you with fast, safe and convenient blood glucose in vitro (i.e., outside the body) diagnostic monitoring.

You can obtain accurate results with a small (0.5 μ L) blood sample.



i-SENS, Inc.

43, Banpo-daero 28-gil

Seocho-gu, Seoul 06646, Korea



Fill in the following information for quick and easy reference.

This logbook covers the period from ____/____/____ to ____/____/____

Name: _____

Address: _____

City: _____ County/State: _____

Post Code/Zip: _____

Phone: _____

I have diabetes. For medical assistance, please contact:

Doctor's Name: _____

Doctor's Phone: _____

Address: _____

City: _____ County/State: _____

Post Code/Zip: _____

*I take the following medications: _____



Welcome to Your Glucose Monitoring Journey

An important part of managing your diabetes is understanding your blood glucose levels. Whether you are newly diagnosed or looking to improve your routine, emVia is here to guide you every step of the way.

Keeping a log of your blood glucose measure is vital. When you bring this record to your health care provider, you have a good picture of your body's response to your diabetes care plan.

Log your achievements

Tips for Effective Glucose Monitoring

1. **Check Glucose Regularly¹** : Follow your doctor's advice on when to check glucose.
 - If you use insulin: Check your levels as you start your day, before meals, snacks, exercise, at bedtime, and if you feel your glucose might be low.
 - If you're not on insulin: Check your levels when changing your diet, exercise routine, or medications.
2. **Stay Consistent** : Record your results in this log to share with your doctor during visits.
3. **Use a New Test Strip and Lancet Every Time²**
4. **Check Expiry Dates** : Make sure your test strips aren't expired to get reliable results.²

References:

1. Standard of Care in Diabetes-2024, American Diabetes Association. Available at: https://diabetesjournals.org/care/issue/46/Supplement_1. Accessed on September 2024.
2. Kirk JK, Stegner J. Self-monitoring of blood glucose: practical aspects. J Diabetes Sci Technol. 2010 Mar 1;4(2):435-9. doi: 10.1177/193229681000400225. PMID: 20307405; PMCID: PMC2864180.



About emVia and embecta

emVia is a blood glucose monitoring solution, leveraging 100 years of diabetes care expertise and the understanding of what it means to live with diabetes. With reliable and easy-to-use technology, emVia empowers you to take control of your health and embrace a life unlimited by diabetes.

As someone navigating the daily challenges of blood sugar management, you need tools that work seamlessly with your lifestyle. That's where embecta comes in, committed to making life with diabetes easier for you, offering innovative, reliable, and accessible solutions. Our legacy began with pioneering insulin syringes and pen needles, innovations that have supported millions of people worldwide in managing their diabetes effectively and comfortably, and now spans glucose monitoring solution.

emVia isn't just a glucose monitor; it's your partner in living life to the fullest. By combining innovation with simplicity, emVia helps you take control of your health. Let's take this journey toward better glucose management—together.

Blood Glucose Test Result Chart Example



The following provides an example of how to chart your blood glucose test results and related information.

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												

Record the
test date













































Record any
particular condition
like diet, exercise
or stress and how
you felt that day

Record the type and
the amount of insulin
you take each time

Record the test time













































Record your blood glucose
result of "Before" / "After"
meal test into the proper
space

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												












































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												




















































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.														
Comments														
Fri.														
Comments														
Sat.														
Comments														
Sun.														
Comments														

Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												

Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												












































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												













































Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												

Memo

		Breakfast			Lunch			Dinner			Bedtime	
Day	Date	Time	Before	After	Time	Before	After	Time	Before	After	Time	Bedtime
		Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose	Time Blood Glucose	Insulin/ Medication	Time Blood Glucose
Mon.												
Comments												
Tue.												
Comments												
Wed.												
Comments												

Thu.												
Comments												
Fri.												
Comments												
Sat.												
Comments												
Sun.												
Comments												

Memo

Memo

Conversion



mmol/L	mg/dL	mmol/L	mg/dL	mmol/L	mg/dL	mmol/L	mg/dL
1.1	↔ 20	6.0	↔ 108	10.5	↔ 189	22.2	↔ 400
1.5	↔ 27	6.1	↔ 110	11.0	↔ 198	23.0	↔ 414
2.0	↔ 36	6.7	↔ 120	11.5	↔ 207	24.0	↔ 432
2.2	↔ 40	7.0	↔ 126	12.0	↔ 216	25.0	↔ 450
2.5	↔ 45	7.2	↔ 130	12.5	↔ 225	26.4	↔ 475
2.8	↔ 50	7.5	↔ 135	13.9	↔ 250	27.8	↔ 500
3.0	↔ 54	7.8	↔ 140	14.4	↔ 260	30.0	↔ 540
3.3	↔ 60	8.0	↔ 145	15.0	↔ 270	33.3	↔ 600
3.9	↔ 70	8.1	↔ 146	16.0	↔ 288		
4.0	↔ 72	8.3	↔ 150	17.0	↔ 306		
4.4	↔ 80	9.0	↔ 162	18.0	↔ 325		
4.7	↔ 85	9.4	↔ 170	19.0	↔ 342		
5.0	↔ 90	10.0	↔ 180	20.0	↔ 360		
5.6	↔ 100	10.1	↔ 182	20.8	↔ 375		



My Diabetes **Logbook**

emVia™

embecta, the embecta logo, and emVia are trademarks of Embecta Corp. registered or used in the United States or other countries. © 2025 embecta Corp. All rights reserved embecta.com

PGUAC-0000058 REV0 2025-02

Disclaimer: The information provided herein is not meant to be used, nor should it be used, to diagnose or treat any medical condition. All content, including, but not limited to, text, graphics, images and information etc. ("Information") is for education and general information purposes only. For diagnosis or treatment of any medical condition, please consult your physician/doctor. Embecta Corp and/or its affiliates, its employees are not liable for any damages/claims to any person in any manner whatsoever whether directly or indirectly.