

Five Simple Tips to Get the Most from Your Glucose Monitoring!

Blood glucose monitoring can be an important part of diabetes management and may help determine how well your treatment plan is working. This helps your healthcare provider make adjustments to your treatment accordingly.

Managing your condition may feel overwhelming at first, but with support, glucose monitoring can quickly become part of your daily routine.



1. Track more than just your glucose numbers!

Your blood glucose readings are just one part of the whole story. To get the full picture on how your diabetes health journey is going, it is important to take note of other factors that may have affected your glucose levels such as food intake, activity, and stress.



Food



Activity



Stress

Work with your healthcare provider to determine what information is important to track for you and your health goals.



2. Know *when* to monitor your glucose numbers

The ideal time to check blood glucose levels may vary from person to person, so it is best to consult your healthcare provider. Checking at certain times, however, may provide additional insights into what affects your blood glucose levels. These include the following times³:



After
waking up



Before
meals



Two hours after
the start of your meal

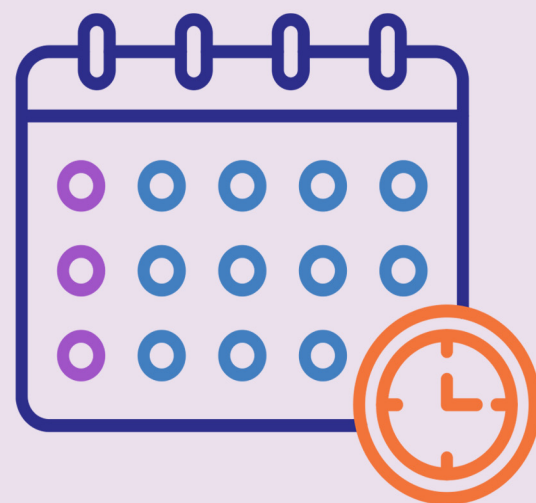


Before
sleeping



3. Look for patterns

Having a set schedule of when to monitor your blood glucose levels lets you see patterns that may not be immediately obvious. Learning these patterns can help you stay better prepared and can help your healthcare team make the necessary adjustments to your treatment plan.





4. Keep your records organized

Whether done by hand or digitally, keeping clear and organized records lets you and your healthcare team interpret data more easily. This facilitates more efficient decision making with regards to your treatment needs!



Tip: Your emVia Pro blood glucose monitor comes with an emVia logbook, a useful tool to keep track of your glucose readings.



5. Maximize measurement accuracy

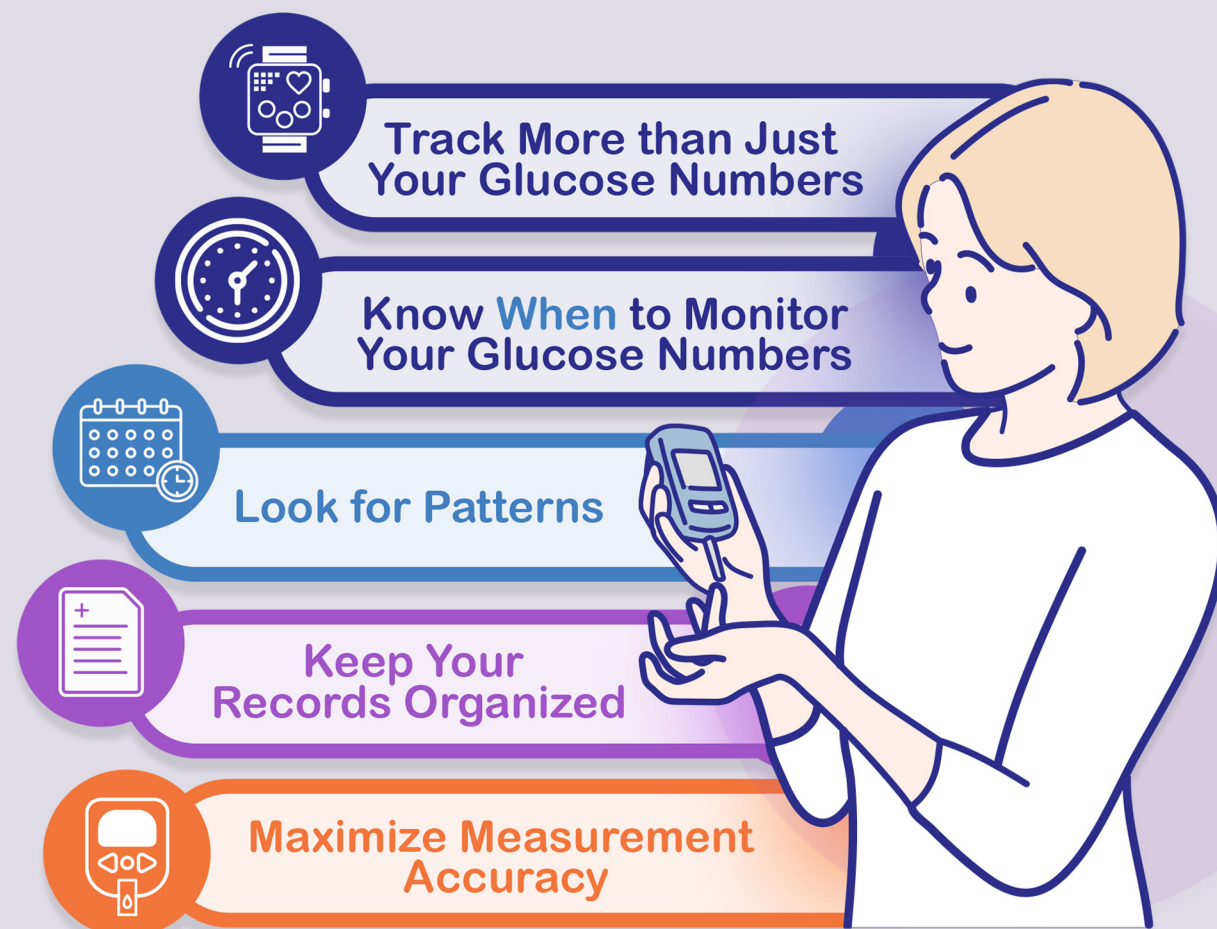
Your emVia Pro blood glucose monitor is designed for precision⁴, but substances on your skin, like dirt, food, or lotion on your fingers can interfere with your monitor and cause it to display inaccurate results. Keeping your hands clean helps support accurate results, so wash them thoroughly before checking your blood glucose!

Please refer to the Instructions for Use for full details.



Support for living well every day is at your fingertips. Keeping track of your glucose can be an important step in understanding your health and working with your healthcare team to manage diabetes.

Want to understand why monitoring matters? Click [here](#). [link to article 1]
Ready to learn how to interpret your results? Check out [this article](#). [link to article 3]



1. Association of Diabetes Care and Education Specialists, & Kolb, L. (2021). An effective model of diabetes care and education: the ADCES7 Self-Care Behaviors™. The Science of Diabetes Self-Management and Care, 47(1), 30-53.
2. Association of Diabetes Care and Education Specialists. ADCES7 Self-care Behaviors. Retrieved from: <https://www.adces.org/diabetes-education-dsmes/adces7-self-care-behaviors>.
3. Cleveland Clinic (Jan 2023). Blood Sugar Monitoring. Cleveland Clinic. <https://my.clevelandclinic.org/health/treatments/17956-blood-sugar-monitoring>
4. ISO 15197:2013. In vitro diagnostic test systems- Requirements for blood-glucose monitoring system for self-testing in managing diabetes mellitus.