

DOCTOR'S NAME **ADDRESS** DOCTOR'S PHONE DIABETES EDUCATOR'S NAME DIABETES EDUCATOR'S PHONE STATE / POSTCODE IN CASE OF EMERGENCY, NOTIFY (NAME) PHONE **PHONE**

CITY



YOUR HEALTH CARE PROFESSIONAL WILL ADVISE YOU WHETHER THIS PRODUCT IS SUITABLE YOU/YOUR CONDITION. ALWAYS READ THE LABEL.

The ONETOUCH VERIO® Blood Glucose Monitoring System is intended to be used for the quantitative measurement of glucose (sugar) in fresh capillary whole blood. Use only as directed. ONETOUCH VERIO® is a registered trademark of Johnson & Johnson.

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You deserve to feel your best. Now there's something you can do about it.

Staying out of your individually defined range can leave you feeling less than 100% – you know you feel better if you stay in range.

Checking your blood glucose is the only way to know if you're in range. But to feel the difference, you need to check smartly. That means checking when it matters most – and acting on your results.

Your goals for optimum diabetes management.

• BGL	4-6 mmol/L (fasting)
• HbA1c	≤ 7%
• LDL-C	< 2.5 mmol/L*
• Total cholesterol	< 4.0 mmol/L*
• HDL-C	> 1.0 mmol/L*
• Triglycerides	< 1.5 mmol/L*
Blood pressure	≤ 130/80 mm Hg#
• BMI	< 25 kg/m² (where appropriate)
Urinary albumin excretion	< 2.5 µg/min (timed overnight collection) < 20mg/L (spot collection) < 20mg/L (spot collection) < 3.5 mg/mmol: women < 2.5 mg/mmol: men (albumin creatinine ratio)
• Cigarette consumption	Zero
Alcohol intake	≤ 2 standard drinks (20g) per day for men and women [†]
Physical activity	At least 30 minutes walking (or equivalent) 5 or more days/week (Total ≥ 150 minutes/week)

These goals are derived from Diabetes Management in General Practice 2009/10, published each year by Diabetes Australia in conjunction with the Royal Australian College of General Practitioners.

What are my goals? My healthcare professional recommends testing:times a day. My healthcare professional recommends my blood glucose range to stay between: mmol/L to mmol/L. Time of day My target range Waking up (fasting level):mmol/L tommol/L Before meals:mmol/L tommol/L 2 hours after meals:mmol/L tommol/L

Your HbA1c and you.

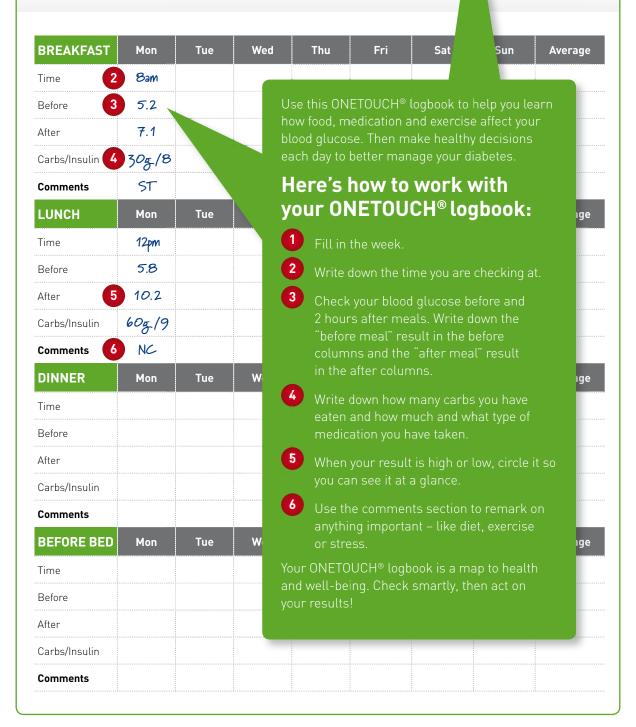
The HbA1c is a test that gives an average of the blood glucose level over the past 6-8 weeks and the ideal range is \leq 7%. The HbA1c together with regular blood glucose monitoring is the best way to see the overall picture of your blood glucose levels.

It is recommended that people with Type 1 and Type 2 diabetes have their HbA1c tested every 3-6 months. Blood for this test is taken at a laboratory and your doctor must order the test.

^{*}National Heart Foundation Guidelines.
*NHMRC Evidence-based Guidelines for the Management of Type 2 Diabetes, 2004.
*NHMRC, Australian Guidelines to Reduce Health Risks from Drinking Alcohol, 2009.

Regular exercise may lessen the amount of medication vou need.

Circle result each time you're above or below your targe Add comments on diet. exercise. s s etc.



Comments shortcuts

NC = NO COMMENT **NEF** = NOT ENOUGH FOOD **HE** = HARD EXERCISE **IL** = ILLNESS TMF = TOO MUCH FOOD

ME = MILD EXERCISE MD = MEDICATION

ST = STRESS **HY** = FEEL HYPO **H** = HOLIDAY 0 = OTHER

Week of:

Regular exercise may lessen the amount of medication you need.

Circle result each time you're above or below your target. Add comments on diet, exercise, stress etc.

BREAKFAST	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Time								
Before								
After								
Carbs/Insulin								
Comments								
LUNCH	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Time								
Before								
After								
Carbs/Insulin								
Comments								
DINNER	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Time								
Before								
After								
Carbs/Insulin								
Comments								
BEFORE BED	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Time								
Before								
After								
Carbs/Insulin								
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Week of.		
VVCCR OI.	•••••••••••••••••••••••••••••••••••••••	

Your blood glucose levels change throughout the day.

Circle result each time you're above or below your target. Add comments on diet, exercise, stress etc.

BREAKFAST	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Time								
Before								
After								
Carbs/Insulin								
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After								
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								:

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Week of.		
VVCCR OI.	•••••••••••••••••••••••••••••••••••••••	

Checking regularly is the best way to see the effects of your medication.

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Before								
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Week of.		
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Learn more by visiting www.onetouch.com.au

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After								
Carbs/Insulin								
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