

You *Can* Do It

Remember that you are the most important person to manage your diabetes!
Choose one of these ideas or write down 1 or 2 ways to help you take control of your blood sugar.

- I will check my blood sugar every morning, or as my doctor tells me to.
- I will write down my blood sugar numbers in my blood sugar log and take it to all my doctor visits.
- I will keep candy with me in case of an emergency.
- _____
- _____

One other thing to think about

The A1c test

This is a blood test you get at the doctor's office. It gives your doctor an idea of what your blood sugars have been over the last three months. Ask your doctor what you A1c should be: _____



“Keeping my blood sugar in control can be tricky. But when I know what it is, I can do something to fix it!”