

Focus on Testing Your Blood Sugar

Tyrone's story

Tyrone was having trouble remembering to test his blood sugar. He would wake up too late in the morning to have time to eat breakfast or test his blood sugar. Tyrone would also forget to test his blood sugar 2 hours after supper. Tyrone was starting to feel sad when he would see higher blood sugar readings after testing. Tyrone believed that if he didn't test his blood sugar, he did not have to see the blood sugar readings out of his target range.

What are some ways that Tyrone can remember to test his blood sugar?

How do you feel when you see blood sugar readings out of target range?

The best way to stay healthy is to check your blood sugar at least 2 times a day. Checking your blood sugar regularly can help your diabetes team make changes in your care.

How many times a day are you testing your blood sugar?

What do you think is keeping you from testing your blood sugar?

Can you think of ways you can remember to test your blood sugar?

(See lesson 1 of your manual for more information on blood sugar testing.)

