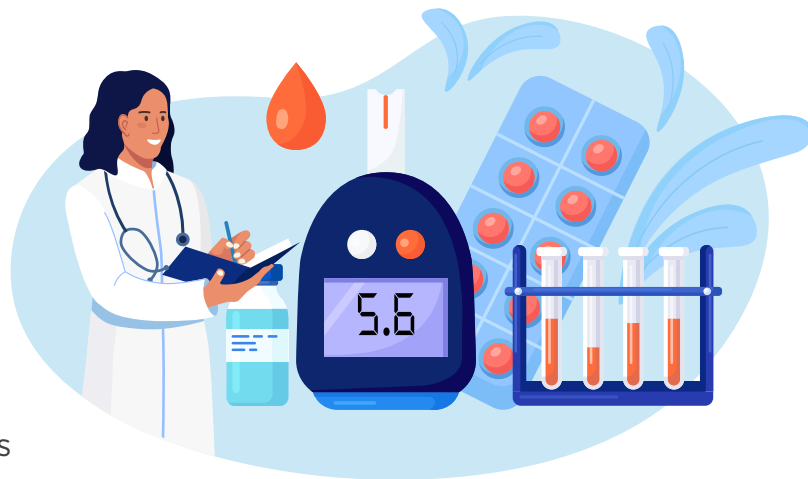


Talk to a health care provider about your individual diabetes management plan and how these tips fit with your lifestyle.

Why is monitoring important?

Monitoring helps you figure out what's working and what's not in managing diabetes. It's a good idea to monitor your blood sugar levels, your activity, and what you eat.

You can't rely on how you feel to know if your blood sugar is high or low. So, it's best to check your blood sugar regularly.



Keeping track of your blood sugar levels can help you:

- **Solve problems—like learning how foods affect your blood sugar and the best times to be active.**
- **Stick with your healthy eating plan.**
- **Lower your risk of high or low blood sugar.**
- **Check how your medicines are working and if any new ones affect your blood sugar.**

You're not on your own when it comes to monitoring. Your health care team can help you:

- **Decide how often to monitor your blood sugar. It's different for each person.**
- **Know which kind of monitor works best for you and how to use your device.**
- **Track your numbers and understand your blood sugar changes over time.**
- **Learn your highs and lows and make changes to reach your goals.**

Continued



Ready to learn more?

Watch **Monitoring and the whole video series**—and kickstart managing your diabetes now!
cdc.gov/DiabetesKickstart



Diabetes can affect your whole body, so make sure your health care team regularly monitors your:

- Heart
- Kidneys
- Eyes
- Feet
- Sleep patterns



Provider guidance

Patient notes and questions

Your next step?

Ask your health care team to refer you to diabetes self-management education and support services! You'll get hands-on help with monitoring—and you'll gain knowledge, skills, and tools to manage diabetes for a long and healthy life!