



What the numbers tell you – if you manage diabetes without medications.



If you check...	You may learn...
Before breakfast/fasting	Whether your body is able to keep your blood sugar in the normal range when you have not eaten for several hours.
Before lunch	Whether your body produced enough insulin to match the food you ate for breakfast, along with additional food eaten and any physical activity in the morning.
Before dinner	Whether your body could metabolize and store the energy from foods eaten through the day and return your blood sugar to your target range before meals.
2 hours after the start of a meal	Whether your blood sugar has returned to the level it was before a meal. This will tell you if your body is producing and using enough insulin.
Before bedtime	Whether your blood sugar after your evening meal has returned to your target range before bedtime.
3 A.M.	Whether your lifestyle treatment plan is working to keep your blood sugar in your target range.

Additional factors may affect your blood sugar levels. Work with your doctor and your diabetes care team to learn how to use your blood sugar test results.

Source: Adapted from *The Art and Science of Diabetes Self-Management Education*, American Association of Diabetes Educators, 2010.



Medicare Part B patients: Call us and mention reference code **EDO6500** to order your diabetes testing supplies.

1-877-231-5199 | www.optumrx.com/diabetes

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