TESTING YOUR BLOOD SUGAR

Diabetes is a condition in which the body does not make enough insulin or is unable to use the insulin the body makes. Insulin is made in the pancreas. With proper management of your diabetes you can control your blood sugar and prevent serious health problems.

The main goal of treating diabetes is to keep your blood sugar in a normal range. Testing your blood sugar measures the amount of sugar in your blood at the time you are testing.

If you have diabetes your provider may want you to test your blood sugar at home. Testing your blood sugar is an important part of your treatment. Your provider will tell you how often and what time of day to test your blood sugar. The result of your daily blood sugar will help you and your provider manage your diabetes and avoid long term effects of diabetes.

To begin testing your blood sugar, make sure you have what you need and follow steps to insure an accurate reading:

- **Wash your hands**
- **Insert the test strip into the meter**
- **Using the needle, (lancet) prick the side of one of your finger tips to get a drop of blood**
- **Touch the edge of the test strip to the drop of blood on your finger**
- **Wait for the result to appear on the screen**
- **Your blood sugar number will show on the meter**

Because all meters are slightly different, you can refer to the user manual for directions or any questions you may have. When you finish testing your blood sugar, write down the result with the date and time you tested. Take this record with you to your provider at your regular appointments. Always follow the directions of your provider for when to call for a blood sugar that is out of range. Ask your provider if you should have the blood test A1C done to determine how your blood sugar has been over the past couple of months. Testing your blood sugar is an important part of staying healthy for any persons who has diabetes.

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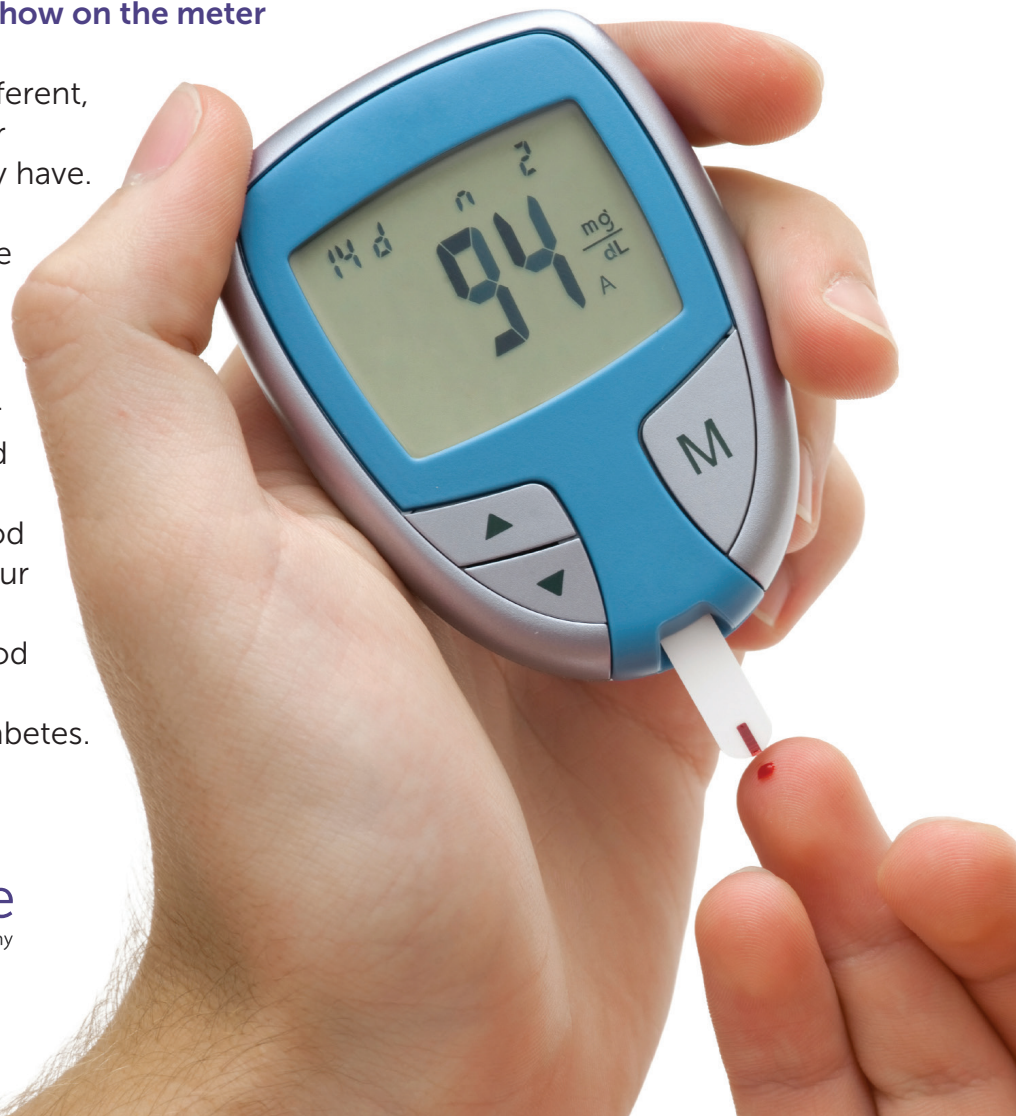
MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).

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