



# Diabetes Action Plan

**Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**Diabetes medication**

**Dosage**

**When to take**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**HbA<sub>1c</sub>** \_\_\_\_\_

This test shows your average blood sugar level during the previous 2–3 months

**HbA<sub>1c</sub> Goal** \_\_\_\_\_

American Diabetes Association (ADA) recommendation: less than 7%

### Blood glucose levels

Check your blood sugar regularly to help manage your diabetes. Look for patterns to help you understand what causes your highs or lows. Remember to record your blood sugar numbers, and bring your Accu-Chek diary with this sheet to your next appointment.

- **Before meal: 3.9 - 7.2 mmol/l or \_\_\_\_ mmol/l**
- **1–2 hours after meal: <10 mmol/l or \_\_\_\_ mmdl/l**

**Healthcare provider:** Check appropriate box for recommended testing times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before breakfast							
After breakfast							
Before lunch							
After lunch							
Before dinner							
After dinner							
Bedtime							
Middle of the night							

**Note:** This form should be filled out with the help of a healthcare professional during the patient's office visit. Ask your doctor about the Accu-Chek 360° View Paper Tool, or download from [www.diabetes.co.za](http://www.diabetes.co.za)

## My Helpful Hints

### What can I discover from my blood sugar results?

If I'm above range (**hyperglycaemic**),  
I may need to: (circle or write your response)

- Add physical activity to my routine
- Pay attention to portion sizes at meals
- Take my medication as my doctor prescribed
- Relax or exercise to relieve stress
- Drink more water

---



---



---

If I'm below range (**hypoglycaemic**),  
I may need to: (circle or write your response)

- Take medication as my doctor prescribed
- Eat a snack—especially before exercising
- Make sure I don't skip or delay a meal
- Relax to relieve stress
- Tell my doctor if I'm taking other medications

---



---



---

### My diabetes checkpoints<sup>1</sup>

<b>HbA<sub>1c</sub></b>	2-4 times a year
<b>Blood pressure</b>	every appointment
<b>Eye exam</b>	once a year
<b>Cholesterol</b>	at least every year
<b>Microalbumin</b>	at least every year
<b>Flu shot</b>	once a year

### Keep in mind

- Controlling your diabetes helps you feel better and stay healthy. See your doctor if you do not feel well.
- A meal plan is important for controlling your blood sugar. A dietitian can help you develop a meal plan that includes healthy choices.
- When developing your meal plan, consider your eating habits and foods you enjoy, as well as your age, sex, weight, activity level and medications.

**My next appointment date:** \_\_\_\_\_

ACCU-CHEK is a trademark of Roche. © 2009 Roche.

Roche Diagnostics Limited,  
Charles Avenue, Burgess Hill, RH15 9RY.  
Company registration number: 571546  
[www.accu-check.co.uk](http://www.accu-check.co.uk) [www.accu-check.ie](http://www.accu-check.ie)