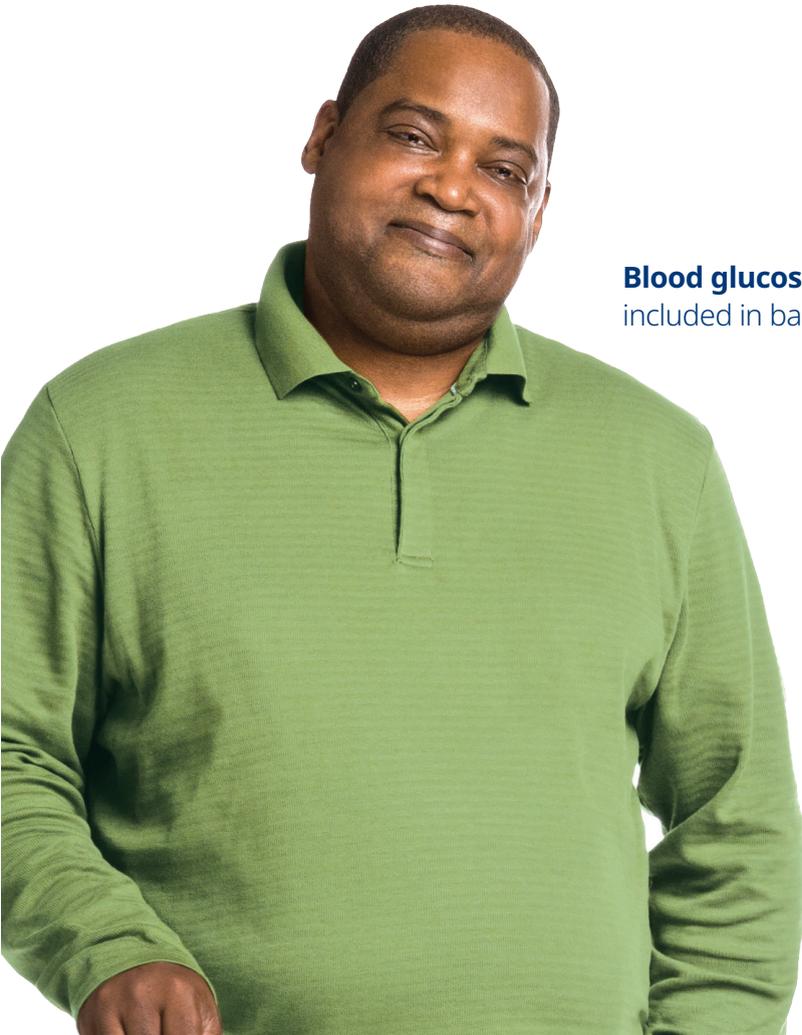


Staying on track

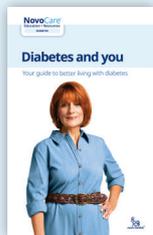
Your guide to tracking and monitoring
your diabetes



Blood glucose diary
included in back pocket

The more you know about diabetes, the better you will be able to manage it. Ask a member of your healthcare team for these **FREE** books. For even more information, go to **NovoCare.com**.

This educational booklet series is designed to help people with diabetes work with their diabetes care teams to learn about and manage diabetes.



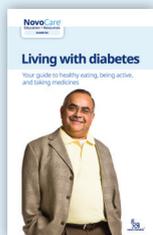
Diabetes and you

This booklet gives you key information about diabetes and why it happens. It also offers tools and resources to help you manage your diabetes.



Meal planning and carb counting

Learn more about meal planning and carb counting with diabetes. This booklet offers helpful tools and resources for eating healthy and managing your diabetes. Use the food lists to help you make healthy choices.



Living with diabetes

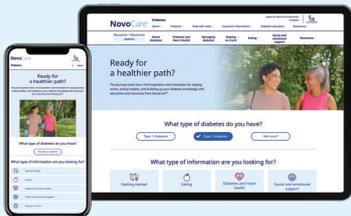
Take steps to manage your diabetes by eating healthy, being active, and taking medicines. This booklet gives you more information about how to live well with diabetes.

WHAT'S INSIDE

Introduction	4
KNOW YOUR NUMBERS	5
Managing diabetes	6
Blood glucose self-checks	7
Time in range	10
Your A1C	11
MONITORING BLOOD GLUCOSE	13
Checking your glucose	14
Staying on track	15
WHAT THE NUMBERS MEAN	19
Understanding your numbers	20
Managing low blood glucose	20
Managing high blood glucose	24
MONITOR YOUR HEALTH	27
Diabetes and your body	28
STICK WITH IT	35
Learn from your test results	36
Get organized	36

The goal of this booklet is to help you learn about tracking and monitoring. These are useful tools to check and see how you and your diabetes care team are managing your diabetes. Use this booklet and the tracker in the back pocket to see if you are at your target and what you can do to help you reach your goals.

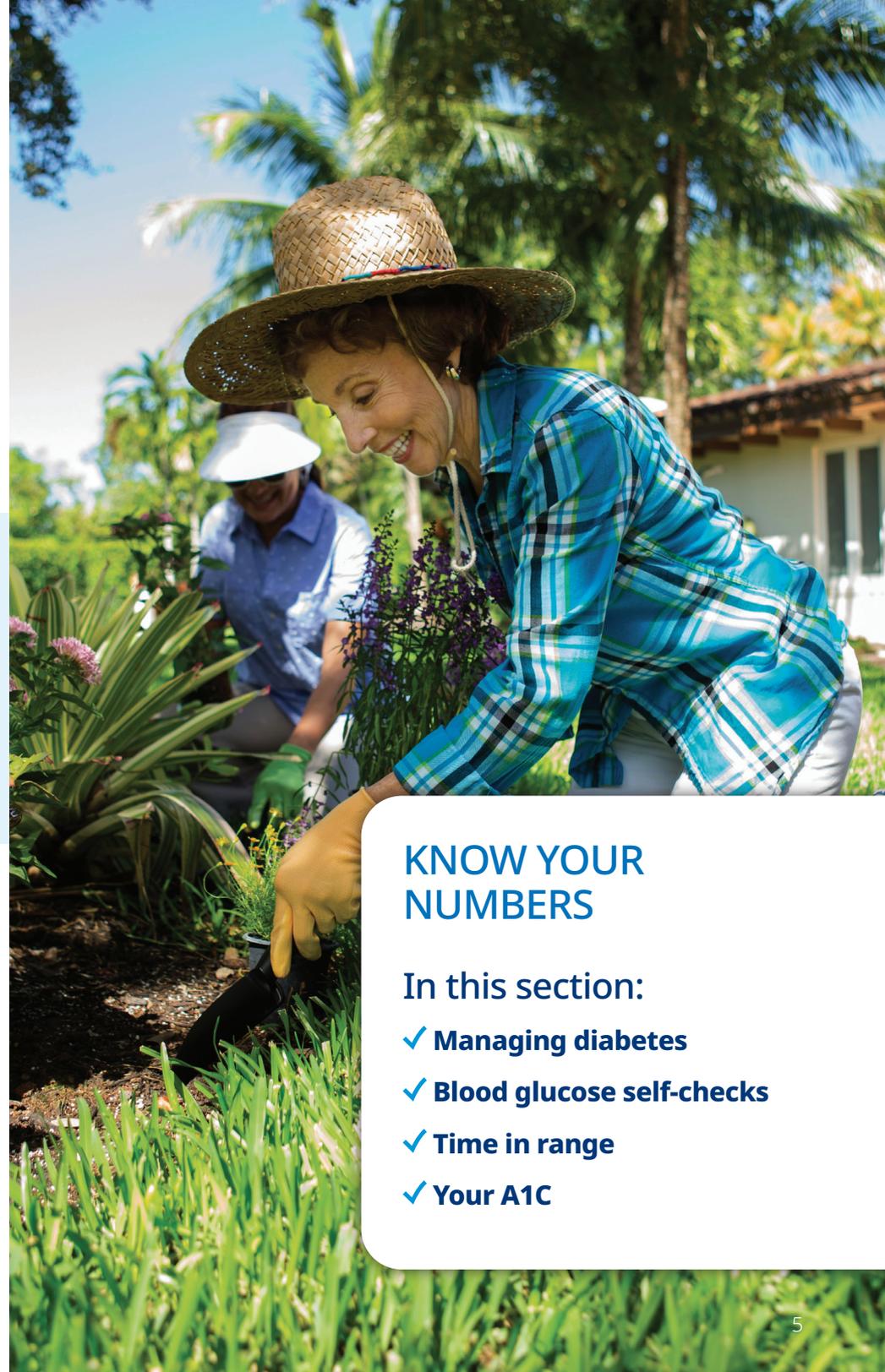
Look for this symbol
throughout the booklet



Visit [NovoCare.com](https://www.novocare.com) from your smartphone, tablet, or computer for more information and support.



This booklet is consistent with American Diabetes Association educational materials, including the Standards of Care in Diabetes. This booklet does not replace the advice of your diabetes care team. Be sure to talk with your diabetes care team about a diabetes care plan that is right for you.



KNOW YOUR NUMBERS

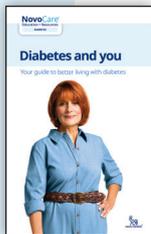
In this section:

- ✓ **Managing diabetes**
- ✓ **Blood glucose self-checks**
- ✓ **Time in range**
- ✓ **Your A1C**

Managing diabetes

Part of managing your diabetes is knowing your blood glucose (*blood sugar*) numbers and understanding what they mean. Many of the foods you eat break down into blood glucose. This is used for energy to fuel your brain, heart, and muscles. Blood glucose either comes from the food you eat or is made by the liver. It is carried in the blood stream to all of your organs and cells where it is changed into energy.

The blood glucose goals shown in this booklet are recommended by the American Diabetes Association (ADA) for many nonpregnant adults with diabetes. You and your diabetes care team will set blood glucose goals that are right for you. You can take steps to manage your blood glucose to help prevent serious complications and thrive.



Managing diabetes starts with understanding it. Ask your diabetes care team for the *Diabetes and you* booklet. You can learn more about what diabetes is and why it happens. It also offers tools and resources to help you manage your diabetes.

Blood glucose self-checks

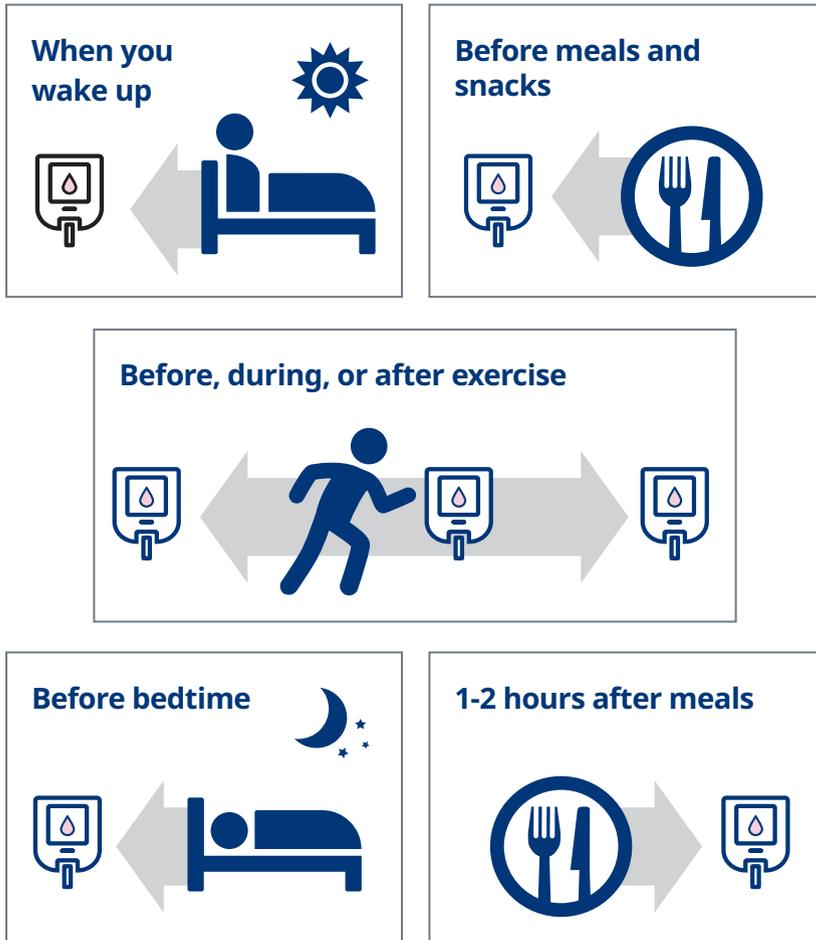
Checking your own blood glucose with a blood glucose meter helps you learn more about your diabetes and how it's being managed. Each time you check your blood glucose, you will know right away:

- If your blood glucose level is too high or too low
- How physical activity and food affect your blood glucose
- If your insulin or other diabetes medicine is working



Visit [NovoCare.com](https://www.novocare.com) for helpful tips on checking your blood glucose.

You and your diabetes care team will decide when and how often you should check your blood glucose levels. Here are some times when you might want to check:



You and your diabetes care team will set blood glucose goals that are right for you. Write your goals in the boxes below.

 **My blood glucose goals**

Before meals:

1-2 hours after a meal:

For many nonpregnant adults with diabetes **the ADA recommends:**

Blood glucose levels between 80-130 mg/dL **before meals**

Blood glucose levels under 180 mg/dL **1-2 hours after the start of a meal**



Visit NovoCare.com to download resources to track your blood glucose.

Time in range

A **continuous glucose monitor**, or **CGM**, checks your glucose regularly during the day and night. It works through a tiny sensor put under the skin. It is usually placed on your belly or arm. It sends your glucose data wirelessly to a smartphone, receiver, or an insulin pump. A CGM reports glucose levels in real time, alerts you if your glucose hits a high or low limit, and provides insight into your glucose trends.

If you use a CGM to monitor your glucose levels, your diabetes care team will determine your target time in range. Time in range is the amount of time your glucose levels are within your target range. Talk with your diabetes care team to figure out what targets are right for you. Fill in your goals below.

My target range



Between _____ and _____ mg/dL
 _____ % of the time or
 _____ hours

For many nonpregnant adults, **the ADA recommends:**

Time in range **between 70 and 180 mg/dL for at least 70%** of readings.

This means you should aim for about **17 hours a day in range.**



Your A1C

An A1C test during an office visit tells you what your average blood glucose level has been over the past 2 to 3 months. The higher the levels, the greater your risk of developing diabetes complications. You and your diabetes care team will set an A1C goal that's safe and right for you. Keep in mind that your goal may change over time.

The A1C test can help you manage your diabetes. It can:

- Confirm your blood glucose self-checks
- Help you know how well your treatment plan is working
- Show you how healthy choices can make a difference

You should have your A1C checked:

- At least 2 times a year if you are at your A1C goal
- Every 3 months if you are not at your treatment goal or if your treatment has changed



Visit **NovoCare.com** to learn more about how A1C relates to average blood glucose levels.

My A1C numbers

The ADA suggests an A1C goal of less than 7% for many nonpregnant adults with diabetes. Your personal goal may be higher or lower. Write your numbers in the boxes below.

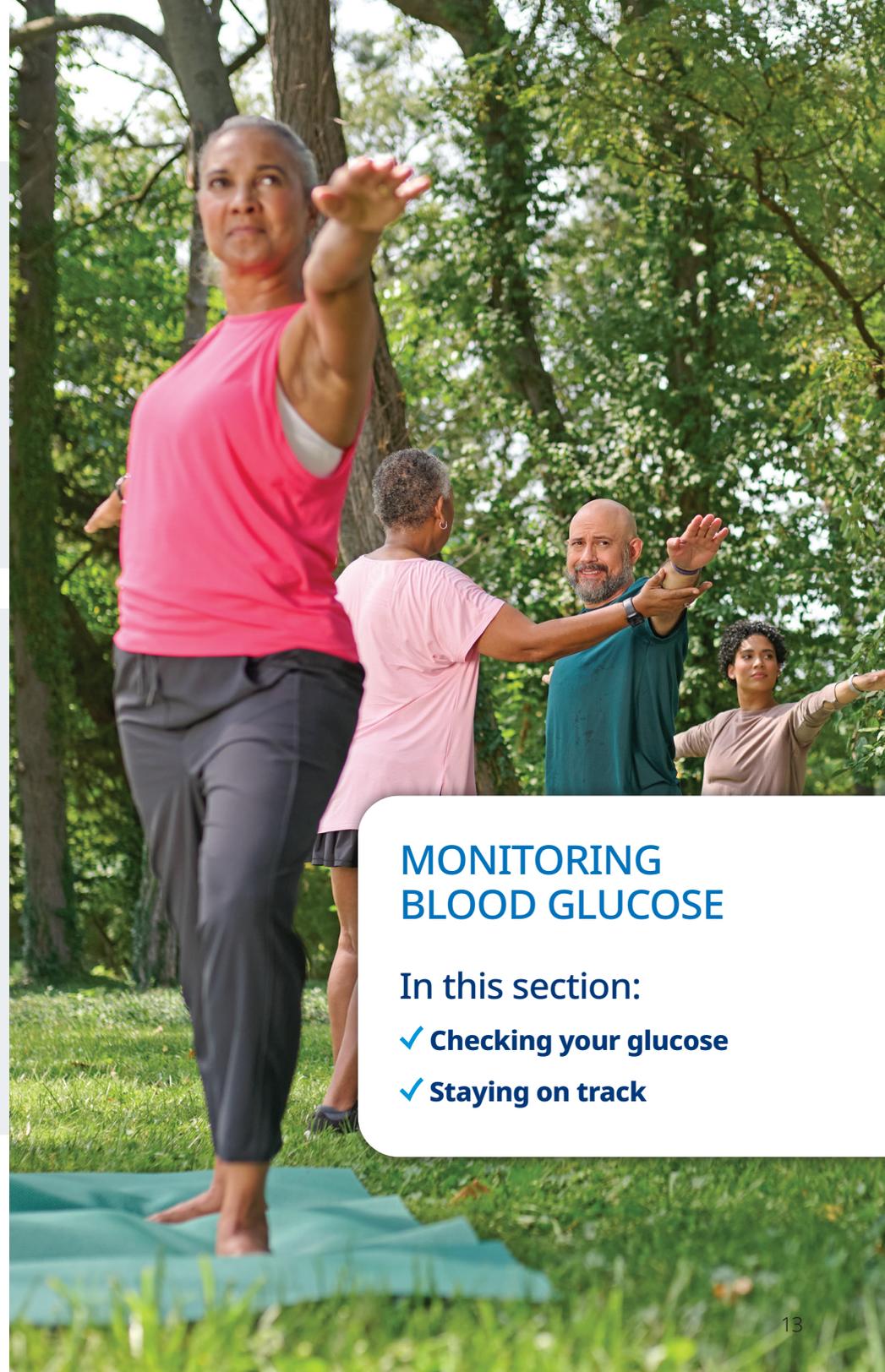
My A1C now

My A1C goal

My A1C tracker

Use the spaces below to keep track of your A1C.

Date:	A1C:
_____	_____ %
_____	_____ %
_____	_____ %
_____	_____ %
_____	_____ %
_____	_____ %
_____	_____ %



MONITORING BLOOD GLUCOSE

In this section:

- ✓ **Checking your glucose**
- ✓ **Staying on track**

Checking your glucose

A **blood glucose meter** is a small device that uses a drop of blood to check what your levels are at that moment. There are many kinds of meters. Your diabetes care team can help you choose a meter and show you how to use it.

If you use a **continuous glucose monitor, or CGM**, it tests your glucose levels for you. Your diabetes care team will help you decide if a CGM is right for you.

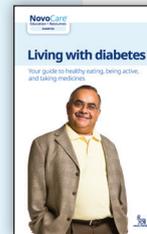


Staying on track

Keeping track of your blood glucose readings and daily events is a good thing to do. Why? Because it lets you and your diabetes care team see your blood glucose patterns and know if you are in your goal range.

It is also important to keep track of things that cause your blood glucose to go up or down, such as:

- What you eat, especially carbs, such as sugar and food made with grains
- Doses of insulin and other diabetes medicines
- Physical activity
- Stressful situations
- Being sick



For help with sticking to your diabetes care plan, ask your diabetes care team for the *Living with diabetes* booklet. It gives you more information on how to take steps to manage your diabetes by eating healthy, being active, and taking medicines.



Visit [NovoCare.com](https://www.novocare.com) to learn more about why tracking your blood glucose matters.

Tracking your blood glucose levels

You will find a blood glucose tracker in the pocket at the back of this booklet. You can use it to write down your blood glucose readings. See pages 4 and 5 of the tracker for more information about how to use it. Be sure to bring the tracker to visits with your diabetes care team. Sharing it helps all of you see how well your diabetes care plan is working.

Technology has improved ways to help track your blood glucose levels. There are many devices, online trackers, and apps that can help make it easier to manage diabetes.

Your blood glucose tracker Date: / / 50

BLOOD GLUCOSE RESULTS'

MONDAY	Breakfast		Lunch		Dinner		Bedtime	Night
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER		
Non-insulin medicine and dose	Time	Time	Time	Time	Time	Time	Time	Time
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
Carb intake ▶	Breakfast _____ units		Lunch _____ units		Dinner _____ units		Other ▶	
Mealttime insulin dose ▶	_____ units		_____ units		_____ units		_____ units	
Long-acting insulin dose ▶	_____ units		_____ units		_____ units		_____ units	

TUESDAY

TUESDAY	Breakfast		Lunch		Dinner		Bedtime	Night
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER		
Non-insulin medicine and dose	Time	Time	Time	Time	Time	Time	Time	Time
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
Carb intake ▶	Breakfast _____ units		Lunch _____ units		Dinner _____ units		Other ▶	
Mealttime insulin dose ▶	_____ units		_____ units		_____ units		_____ units	
Long-acting insulin dose ▶	_____ units		_____ units		_____ units		_____ units	

WEDNESDAY

WEDNESDAY	Breakfast		Lunch		Dinner		Bedtime	Night
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER		
Non-insulin medicine and dose	Time	Time	Time	Time	Time	Time	Time	Time
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
Carb intake ▶	Breakfast _____ units		Lunch _____ units		Dinner _____ units		Other ▶	
Mealttime insulin dose ▶	_____ units		_____ units		_____ units		_____ units	
Long-acting insulin dose ▶	_____ units		_____ units		_____ units		_____ units	

THURSDAY

THURSDAY	Breakfast	
	BEFORE	AFTER
Non-insulin medicine and dose	Time	Time
	mg/dL	mg/dL
Carb intake ▶	Breakfast _____ units	
Mealttime insulin dose ▶	_____ units	
Long-acting insulin dose ▶	_____ units	

NovoCare
Education + Resources
DIABETES

Your blood glucose tracker
A diary of your blood glucose (sugar) levels

Staying on track
Keep your numbers on track every day.

If you've received this tracker without the **Staying on track** booklet, you can ask your diabetes care team for the booklet. It will give you more information about blood glucose goals and what your numbers mean.

To order additional trackers, please call **1-800-727-6500** (option 8 for Spanish) from 8:30 AM to 6:00 PM EST.

Tracking and adjusting insulin

Type 2 diabetes changes over time. So, at some point, you may have to add insulin to your treatment plan. This does not mean you did anything wrong. It just means that your diabetes has changed.

The goal of adding insulin is to help keep your blood glucose close to your goal range. There are many types of insulin. If you need insulin, you and your diabetes care team will select the type that's right for you.



Visit [NovoCare.com](https://www.novocare.com) for help with making tracking part of your daily routine.

If you are starting insulin, ask your healthcare provider to help you fill in the insulin guide on page 55 or 57 in the tracker in the back pocket of this booklet. If you're taking long-acting or mealtime insulin, the guide can help you track and adjust your insulin dose each day based on your healthcare provider's instructions.

Guide to tracking mealtime insulin

1 Your starting dose
2 When to take insulin.

Guide to adjusting long-acting insulin

Long-acting insulin provides steady insulin levels throughout the day and night. If your healthcare provider has told you to adjust your long-acting insulin dose, have them complete this section for you.

My dose ___ unit(s) at ___ time
My morning blood glucose target ___ My dose ___ unit(s) at ___ time (if needed)

If your morning blood glucose reading before eating is: ___ or less (example: 80 or less) Then you should: Subtract ___ unit(s)

Between ___ and ___ (example: between 81 and 130) Take the same dose

___ or more (example: 131 or more) Add ___ unit(s)

Do not take more than ___ units without talking to your healthcare provider.

Guide to adjusting your mealtime insulin dose

If your healthcare provider has told you to adjust your mealtime insulin dose, have them complete this section for you and walk you through the example. Change or adjust your mealtime dose only as instructed by your healthcare provider.

1 Day 1 starting dose: ___

2 When to take mealtime insulin: Breakfast Lunch Dinner

3 When to check blood glucose: Before lunch Before dinner At bedtime

4 If your blood glucose reading is: ___ or less (example: 80 or less) Subtract ___ unit(s)

Between ___ and ___ (example: between 81 and 130) Take the same dose you took today

___ or more (example: 131 or more) Add ___ unit(s)

Insulin Dosing Guide

When to take mealtime insulin: Breakfast Lunch Dinner

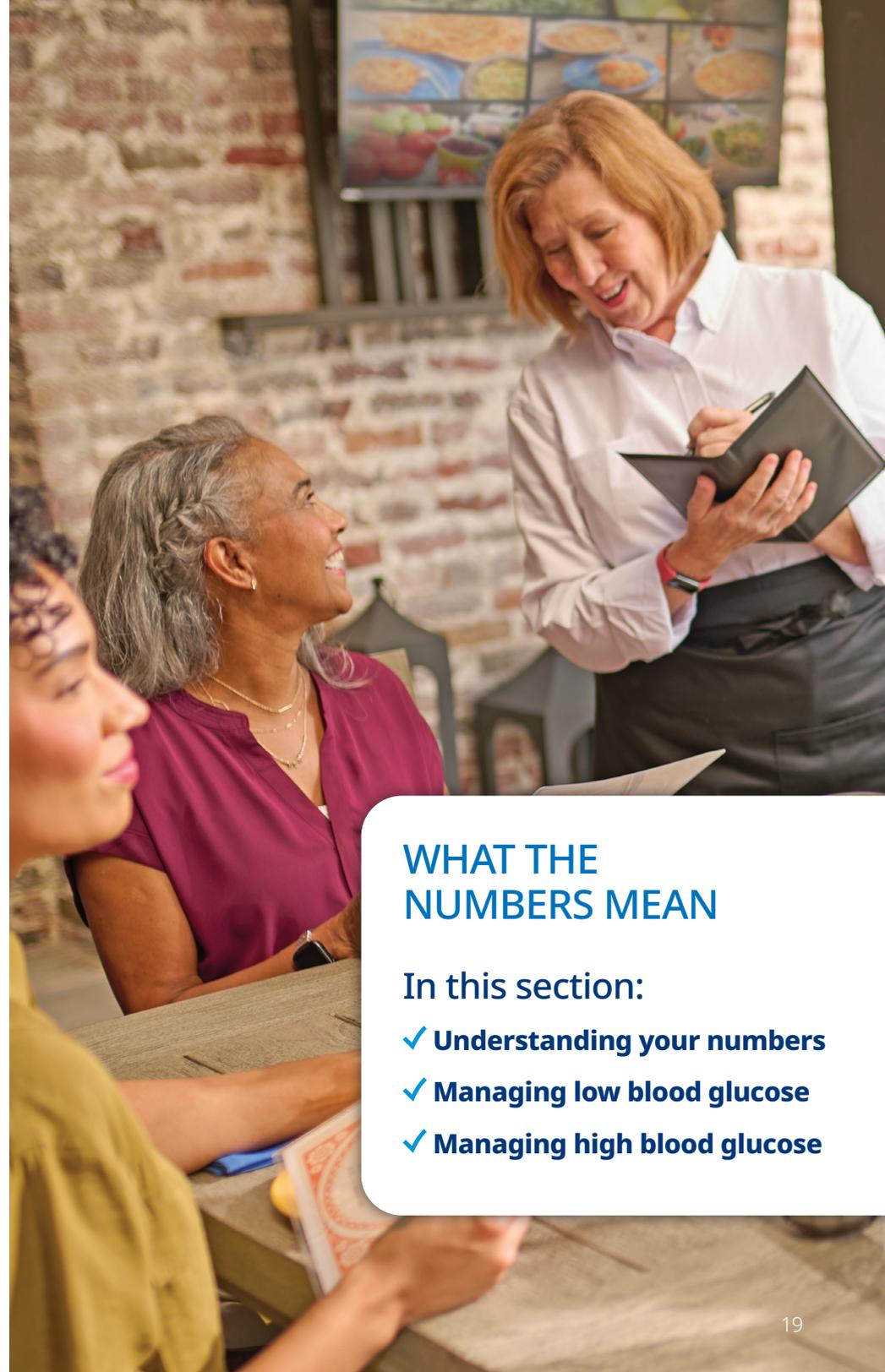
When to check blood glucose: Before lunch Before dinner At bedtime

If your glucose reading is: ___ or less (example: 80 or less) Subtract ___ unit(s)

Between ___ and ___ (example: between 81 and 130) Take the same dose you took today

___ or more (example: 131 or more) Add ___ unit(s)

You will find a tear-off card in the back of your tracker. Ask your healthcare provider to write your starting dose of mealtime insulin there. You can carry the card in your wallet to help you remember.



WHAT THE NUMBERS MEAN

In this section:

- ✓ Understanding your numbers
- ✓ Managing low blood glucose
- ✓ Managing high blood glucose

Understanding your numbers

Each time you check your blood glucose, you can learn something. Think about how food, activity, stress, or medicines may have affected your levels. Are your levels too high or too low at the same time of day for several days in a row? If so, it might be time to change your diabetes care plan.

Be sure to write down your results or log them online or in an app. The more information you record, including medicines, exercise, and food, data can help give a complete picture of your numbers. Work together with your diabetes care team to learn what your results mean for you.

Everyone with diabetes can have low or high blood glucose once in a while. When it happens to you, you may feel upset or frustrated. Remember that your blood glucose checks are a way to track how well your diabetes care plan is working. Changes in care plans are normal with diabetes.

Managing low blood glucose

There may be times when your blood glucose level drops too low (called *hypoglycemia*). For most people with diabetes, below 70 mg/dL is too low.



Some symptoms of low blood glucose are shown below. They can be different for everyone, or you may have no symptoms at all. It is important to learn the signs and symptoms you have when your blood glucose levels are low.

Shaky



Sweaty



Dizzy or lightheaded



Confusion



Hungry



Weak or sleepy



Headache



Nervous or anxious



Visit [NovoCare.com](https://www.novocare.com) to learn more about what can cause you to have low or high blood glucose.

If you have any symptoms of low blood glucose, check your blood glucose right away. If you can't check it, treat it by following the "15-15 Rule":

Eat or drink 15 grams of fast-acting carbohydrates (carbs) right away, such as:

Glucose tablets or gel tube (see instructions)



4 ounces (½ cup) of juice or regular soda (not diet)



1 tablespoon of sugar, honey, or corn syrup



Hard candies or jellybeans, not sugar-free (see food label)



Wait 15 minutes, then check your blood glucose again:

- If it is still below 70 mg/dL, or your CGM doesn't show your glucose trending up, have another 15 grams of fast-acting carbs
- Once your blood glucose is above 70 mg/dL, or is trending up on your CGM, have a protein and carb snack, such as cheese and crackers. This will help keep your blood glucose from dropping low again before your next meal

What to do in a severe blood glucose emergency

Severe low blood glucose can cause people to pass out, and it can be life-threatening. Severe low blood glucose will require help from someone else.

✓ People should:

- Follow the severe low blood glucose treatment plan provided by your diabetes care team
- Teach a family member how to give a glucagon medicine if prescribed
- Call 911



✗ People should not:

- Inject insulin (it will lower blood glucose even more)
- Give anything to eat or drink if they are unconscious and not able to swallow (it could cause choking)



Visit [NovoCare.com](https://www.novocare.com) to Ask Sophia, the digital assistant, questions about diabetes.

Managing high blood glucose

High blood glucose (called *hyperglycemia*) is when there is too much glucose in your blood. Over time, it can cause serious health problems.

Some symptoms of high blood glucose are shown below. Sometimes there may be no symptoms at all.

Very thirsty



Very hungry



Sleepy



Needing to pass urine more than usual



Infections or injuries heal more slowly than usual



Blurry vision



The best thing to do about high blood glucose is prevent it. Follow your meal and activity plans, check your glucose levels, and take all your medicine as directed.

Call your diabetes care team if:

- Your blood glucose has been above your goal for 3 days and you don't know why
- You have symptoms of high or low blood glucose



You may need a change in your meal plan, physical activity, or diabetes medicines.



Visit [NovoCare.com](https://www.novocare.com) to find helpful fact sheets about low and high blood glucose.



Ready for a healthier path?

Start your journey with inspiration and motivation from NovoCare®. Build up your knowledge with diabetes education and resources on topics that matter most to you!

 Eating	 Moving	 Managing diabetes	 Staying on track
 Social and emotional support	 Diabetes and heart health	 For caregivers	 Savings and insurance support

Get started today! Visit NovoCare.com. Your one-stop resource for all things diabetes.

- Informative articles
- Educational videos
- Ask Sophia! A digital assistant

Scan this code with a smartphone or tablet



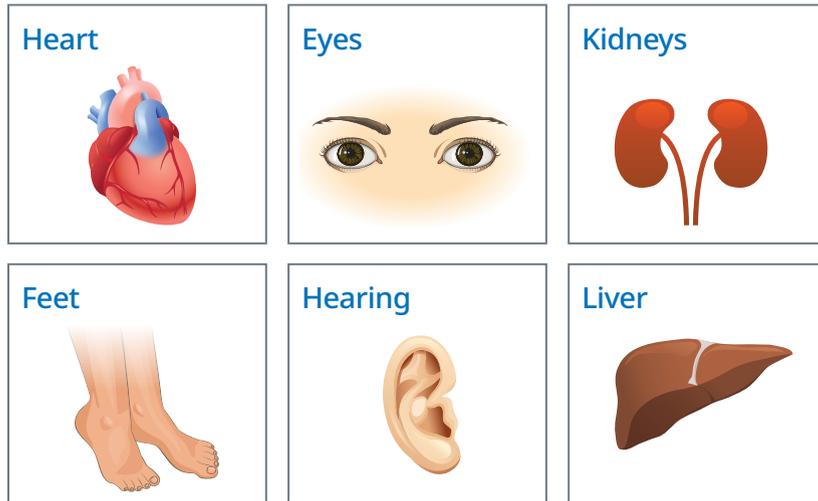
MONITOR YOUR HEALTH

In this section:

- ✓ **Diabetes and your body**
 - Heart health
 - Eye health
 - Kidney health
 - Liver health
 - Foot health
 - Hearing

Diabetes and your body

Checking your blood glucose is only one important way to know how well your diabetes care plan is working. Diabetes can affect your whole body and your overall health. So, it's very important to keep watch over, or monitor, the health of your:



Heart health

People with diabetes are twice as likely to have heart disease or a stroke than people without diabetes. Over time, high blood glucose can damage blood vessels and nerves that control your heart. This can lead to serious health problems, including cardiovascular disease, or CVD. CVD is the number one cause of death in people living with diabetes.

Talk with a member of your healthcare team about your own risk for heart attack or stroke. There are things you can do to help prevent or lower your risk of CVD.

Keep track of your blood pressure

Diabetes raises the risk for high blood pressure, which increases your chances of heart disease, stroke, and other health problems.

- Get your blood pressure checked at every office visit
- ADA recommended blood pressure target for most people is less than 130/80 mm Hg if it can be reached safely
- You and your diabetes care team will decide the right blood pressure goal for you and if you should check your blood pressure at home

My blood pressure goal

I will check my blood pressure
 ____/____mm Hg ____ times each day/week/month

Use the spaces below to keep track of your blood pressure.

Date:	Blood pressure:
_____	_____ mm Hg



Know your cholesterol numbers

Diabetes puts you at greater risk for high LDL cholesterol and triglycerides. Both of these can raise your chance of getting CVD.

- Talk with your diabetes care team about the right targets for you. Write them in the boxes below
- To help lower your cholesterol, your diabetes care team may recommend that you:
 - Lose weight if needed
 - Increase physical activity
 - Follow a meal plan
 - Take a medicine called a statin

My cholesterol goals

HDL

LDL

Triglycerides

Statin: Yes No



Quit smoking

Smoking can raise your risk for heart attack or stroke.

- Stop using cigarettes and other tobacco products or vape products
- Decide on a quit date. (Choose a time when you won't be too stressed)
- Get support for quitting. For free help, call 1-800-QUIT-NOW (1-800-784-8669) or visit smokefree.gov



My quit date

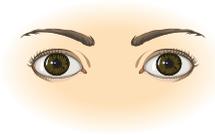
Date



Visit NovoCare.com to learn how to create a care plan you can stick with.

Eye health

Living with diabetes puts you at risk for eye disease. To help protect your eyes, you should have a dilated eye exam every 1 to 2 years, or as often as directed by your diabetes care team.



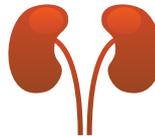
- During a dilated eye exam, the pupils of your eyes (the black centers) are made bigger with drops. This allows the healthcare provider to see the inside of your eyes more easily
- Call your eye care specialist or diabetes care team right away if you notice any change in your vision

My next eye exam

Date

Kidney health

People with diabetes have an increased risk for kidney disease. Try to keep your kidneys as healthy as possible.



- Keep your blood glucose levels and blood pressure as close to your goals as you can
- To check the health of your kidneys, have your urine and blood tested at least once or twice a year, or more often if needed

My next kidney exam

Date

Be sure to go to your appointments and get any laboratory tests suggested by your diabetes care team. Write the dates in the boxes here.

Foot health

People with diabetes can develop many different foot problems. To protect your feet, you should have a full foot exam at least once every year. If you have certain risk factors, you may have to have them checked more often.

- Take your socks and shoes off during office visits to remind your healthcare provider to check your feet
- Check your feet every day for any sign of injury. Tell your healthcare team about any injury that does not heal



My next foot exam

Date



Visit NovoCare.com to learn more about what you can do to prevent other health problems.

Your hearing

If you live with diabetes, you are twice as likely to have hearing loss than people who don't have diabetes.



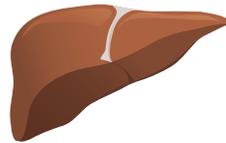
- Hearing loss can happen slowly, so symptoms are often hard to notice
- Ask a member of your healthcare team if you should have a full hearing screening

My next hearing screening

Date

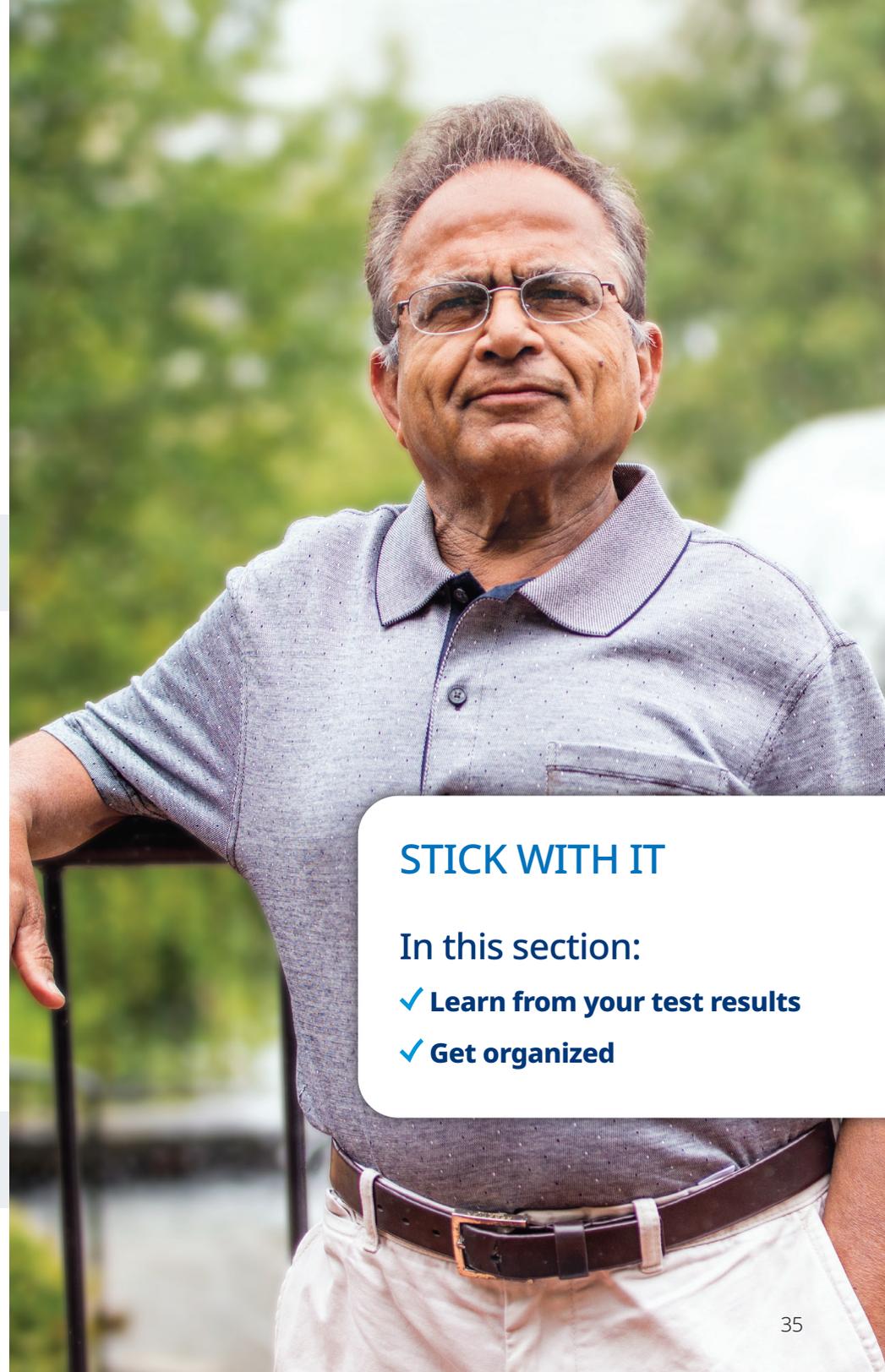
Liver health

Having diabetes puts you at risk for developing a liver disease called MASH. This stands for metabolic dysfunction-associated steatohepatitis. Check with your healthcare provider if you should be screened for MASH.



My next appointment

Date



STICK WITH IT

In this section:

- ✓ Learn from your test results
- ✓ Get organized

Learn from your test results

Look at your blood glucose test results often. Doing so can help you:

- Manage your blood glucose levels
- Make quick adjustments when needed
- Predict and prevent low and high blood glucose
- Reduce your risk of complications and hospitalizations

Ask your diabetes care team to look at your blood glucose readings. They can teach you how to see patterns and understand the information on your own.

Get organized

Keeping track of your results is an important part of your diabetes care plan. Bring your handwritten log or app to share with your diabetes care team. This can provide a complete picture of how your body is responding to your diabetes care plan. Use the tracker in the back pocket of this booklet to help you keep track of your blood glucose levels.

But tracking doesn't stop with blood glucose. Keep track of the members of your diabetes care team, your medicines, and your diabetes care plan.

Keep track of your diabetes care team

Stay in touch with your diabetes care team. Don't hesitate to contact a team member if you have questions or concerns. Write the names and numbers of your healthcare team members below.

My healthcare team

Name:	Phone number:
Primary healthcare provider	
Diabetes care & education specialist	
Registered dietitian	
Pharmacist	
Dentist	
Podiatrist	
Exercise specialist	
Mental health professional	
Other	



Visit [NovoCare.com](https://www.novocare.com) for resources to help you afford your diabetes medicines.

Keep track of your medicines

You may have to take diabetes medicines to reach your blood glucose goals. It's important to know what each medicine is and how to take it. Be sure to take each medicine exactly as you are directed by your healthcare provider. Write down all of your medicines here and bring this booklet with you to every office visit.



My medicines

Name: _____

Dose: _____

Why I take it: _____

When I take it: _____

Name: _____

Dose: _____

Why I take it: _____

When I take it: _____

Name: _____

Dose: _____

Why I take it: _____

When I take it: _____

Name: _____

Dose: _____

Why I take it: _____

When I take it: _____

Name: _____

Dose: _____

Why I take it: _____

When I take it: _____

Name: _____

Dose: _____

Why I take it: _____

When I take it: _____

Keep track of your diabetes care schedule

Below is the diabetes care schedule recommended by the American Diabetes Association (ADA).

These recommendations are only guidelines. Every person with diabetes is different. So, talk with your diabetes care team to set up a care schedule that's right for you.

Every 3 months

(or as often as your diabetes care team advises)



Regular office visit



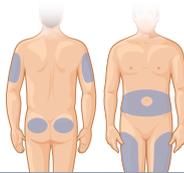
Blood pressure check



A1C test (if your blood glucose is not at goal or treatment changed)



Weight check



Skin check (injection sites)

Every 6 months

(or as often as your diabetes care team advises)



A1C test (if your blood glucose is at goal)



Dental office visit

Every year

(or as often as your diabetes care team advises)



Physical exam



Dilated eye exam



Foot exam with sensory testing (needed more often if you have foot problems)



Hearing screening



Flu shot



Blood fat and cholesterol tests (if your levels are normal)



Liver function test



Kidney tests



Mental health check





NovoCare[®] can help

Managing your physical, mental, and emotional health with diabetes is important. Visit NovoCare.com, your one-stop online resource for all things diabetes!

- **Personalized resources and educational tools for living with diabetes**
- **Affordability and savings support for your medicine**

If you have questions or would like assistance with any of our resources, call 1-800-727-6500 (option 8 for Spanish), Monday to Friday, from 8:30 AM to 6:00 PM EST.

Visit NovoCare.com or scan this code with a smartphone or tablet



The photographs used in this booklet are for illustration only. The models in the photographs do not necessarily have diabetes or other ailments.

NovoCare[®] is a registered trademark of Novo Nordisk A/S.

Novo Nordisk is a registered trademark of Novo Nordisk A/S.

© 2026 Novo Nordisk Printed in the U.S.A. US25PAT00057 February 2026