Our customer support team is only a click or call away. Contact us at:

www.accu-chek.com.au

Accu-Chek Enquiry Line: 1800 251 816

WARNING - KEEP BATTERIES OUT OF REACH OF CHILDREN. If you suspect your child has swallowed or inserted a battery, immediately call the 24-hour Poisons Information Centre on 13 11 26 for fast, expert advice. FOR PEOPLE WITH DIABETES. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. CONSULT YOUR HEALTHCARE PROFESSIONAL FOR ADVICE. Accu-Chek lancing devices are for single patient use only. The same device must not be used for multiple patients. ACCU-CHEK, ACCU-CHEK GUIDE, ACCU-CHEK GUIDE ME, ACCU-CHEK FASTCLIX, ACCU-CHEK SOFTCLIX and MYSUGR are trademarks of Roche. Apple and Google trademarks are the property of their respective owners. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Roche is under license. All other trademarks and product names are the property of the respective owners. ©2022 Roche Diabetes Care. Roche Diabetes Care Australia Pty Ltd, 2-4 Julius Avenue North Ryde NSW 2113 Australia. ABN 69 602 140 278. 09484612001. AU-1068. Date of preparation January 2022.

ACCU-CHEK®

ACCU-CHEK BLOOD GLUCOSE DIARY

Helping you manage your blood glucose levels

MEANINGFUL MONITORING

Controlling your blood glucose (sugar) levels is essential for effective diabetes management.

Self-monitoring can help you manage your daily blood glucose and better adapt your lifestyle and treatment to suit your needs.

You might find self-monitoring even more helpful if you add a bit of structure – by monitoring at the right times, at the right frequency and in the right situations helps you understand the impact of your diet, exercise and medication on your blood glucose.

This diary provides a guide that aims to assist you to self-monitor blood glucose in a structured way, so you can see a pattern that you and your healthcare team can use as part of your ongoing diabetes management.

How often should I monitor?

Following a structured pattern of self-monitoring is a useful method for assessing real-time blood glucose levels.[1]

Speak to your healthcare professional for an individualised plan.

THIS DIARY BELONGS TO:

Name: _____

Phone: _____

Doctor's Name: _____

What are my blood glucose targets?

Time	My Target Range*
Before meals	
Two hours after start of a meal	
Bedtime	
Other times	

*Please consult your doctor about your blood glucose target ranges.

Reference: 1. Polonksy et al. Diabetes Care 2011;34:252-7.

PRE AND POST-MEAL MONITORING

Your blood glucose changes throughout the day depending on different factors, such as diet, exercise medication or illness. By monitoring in a structured manner, you can gain a clearer picture of how your blood glucose changes in response to these factors.

Monitoring before you eat (pre-meal) and 2 hours after your first bite (post meal) can help you understand how what you eat affects your blood glucose.

Using a tool such as the Accu-Chek 360 View 3-day Profiling Tool, allows you to monitor before and 2 hours after breakfast, lunch and dinner, and once before you go to bed. Then, you can compare your blood glucose levels with other days to help better manage your diabetes. We will get acquainted with the Accu-Chek 360 View 3-day Profiling Tool later in this diary.

For more information on meaningful monitoring, visit our page at:

accu-chek.com.au/diabetes-basics/meaningful-monitoring

MYSUGR MEAL PHOTOS

Fine tune your favourites

- Take your food log to the next level
- Keep a record of all your favourite meals
- Look back and learn how different foods impact your blood glucose levels
- Make specific adjustments based on previous blood glucose levels
- Become a carb-counting ninja

Want to start logging on mySugr®?

You can download and start using mySugr® today. Follow the instructions at the back of this diary and upgrade to mySugr® PRO for FREE!

HOW TO FILL OUT YOUR LOGBOOK

Week beginning		Breakfast		Lunch		Dinner		Before Bed
		Before	2 hrs after	Before	2 hrs after	Before	2 hrs after	
Monday	**Blood Glucose**							
	Insulin Units							
	Meal Size		S M L		S M L		S M L	
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Tuesday	**Blood Glucose**							
	Insulin Units							
	Meal Size							
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Wednesday	**Blood Glucose**							
	Insulin Units							
	Meal Size		S M L		S M L		S M L	
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Thursday	**Blood Glucose**							
	Insulin Units							
	Meal Size		S M L		S M L		S M L	
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Friday	**Blood Glucose**							
	Insulin Units							
	Meal Size		S M L		S M L		S M L	
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Saturday	**Blood Glucose**							
	Insulin Units							
	Meal Size		S M L		S M L		S M L	
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sunday	**Blood Glucose**							
	Insulin Units							
	Meal Size		S M L		S M L		S M L	
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Step 1
Fill in the week beginning date.

Step 2
Record your blood glucose results each time you monitor.

Step 3
Record the number of units given in each injection in the column that corresponds to the injection time.

Step 4
Circle the size of the meal you ate: small (S), medium (M) or large (L).

Step 5
Circle the number you think is right for the amount of physical activity you had been doing.

1 Very low **2** Somewhat low
3 Moderate **4** Somewhat high
5 Very high

Step 6
Finally, in the comments column you can record any dietary changes, illness, time of hypos and note any significant changes to your body, your routine or the way you feel.

Next time you visit your diabetes healthcare professional, remember to bring this diary along.

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		Before	2 hrs after	Before	2 hrs after	Before	2 hrs after		Eg: diet changes, time of hypos, illness
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	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tuesday	**Blood Glucose**								
	Insulin Units								
	Meal Size								
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wednesday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thursday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Friday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Saturday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sunday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

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	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tuesday	**Blood Glucose**								
	Insulin Units								
	Meal Size								
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wednesday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thursday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Friday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Saturday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sunday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

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	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tuesday	**Blood Glucose**								
	Insulin Units								
	Meal Size								
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wednesday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thursday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Friday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Saturday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sunday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

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	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tuesday	**Blood Glucose**								
	Insulin Units								
	Meal Size								
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wednesday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thursday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Friday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Saturday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sunday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

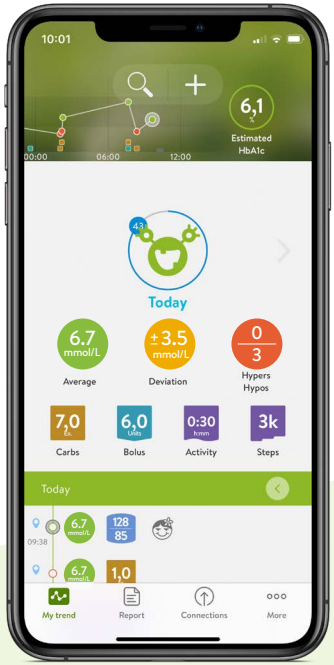
Liking your diabetes logbook?
You will love mySugr®!

mySugr®

Your diabetes data, simply there.

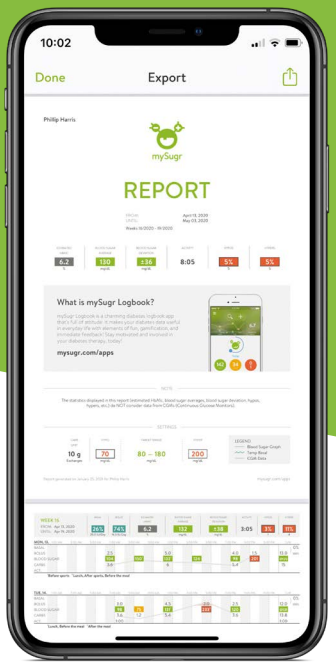
With the mySugr® app it's quick and easy to collect all your important diabetes information in one place through your Accu-Chek Guide Me meter.

Using clear infographics, mySugr helps you identify areas where your diabetes management could be optimised.

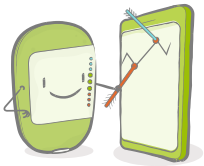


The personalised **home screen** provides a clear summary of **your diabetes data.**

With an easy swipe to the left, you can access your diabetes data from the previous 7, 14, 30 or 90 days.



Your diabetes data at a glance with easy to use reports.



Seamlessly export your diabetes data into a report to share with your health care professional.

Unlock **mySugr® PRO for FREE** to access app features like PDF reports and so much more!

GET IT ON Google Play

Download on the App Store

Next time you visit your diabetes healthcare professional, remember to bring this diary along.

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	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

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	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sunday	**Blood Glucose**								
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	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

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	Meal Size								
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	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sunday	**Blood Glucose**								
	Insulin Units								
	Meal Size		S M L		S M L		S M L		
	Activity Level	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

CHANGING YOUR LANCETS

Did you know...

It is important to change your lancet after every use.
Most people only change their lancets when they can feel they are getting blunt, however the lancet should be changed after each test[2]. Multiple uses results in the tip of the lancet becoming dull, which can increase the feeling of pain.

Whether you are using Accu-Chek FastClix or Accu-Chek Softclix, you can purchase different pack sizes of the lancets to suit your needs.

HANDY LANCING TIPS

5 tips for gentle blood sampling.

1

Ensure hands are **washed and clean.**

2

Lance on the **side of the fingertip** rather than the pad.

3

Select a penetration depth set as shallow as possible but on a depth that still produces blood.

4

Keep the skin taut by pressing the lancing device firmly against the fingertip.

5

Alternate fingers **daily** and take steps to ensure **good blood circulation.**

Reference: 2. The Accu-Chek® Softclix lancing device for virtually pain-free lancing. Reference tool. Data on file.

ACCU-CHEK 360 VIEW TOOL

A smart way to test your blood sugar that is as easy as connecting the dots!

The Accu-Chek® 360° View 3-day profile tool is an easy-to-use tool that helps you and your doctor see how well your blood sugar is under control. You can see the effect of your meals on your blood sugar, and how well your diabetes therapy is working.

How it works:

1. Test your blood sugar 7 times per day over 3 days before and after meals and before bedtime
2. Write your blood sugar numbers on the paper tool
3. Then mark the meal size and energy levels for each value, as well as insulin dose if administered
4. Get your blood sugar graph by placing an X in the corresponding row of the chart. Then connect the Xs to build the graph
5. Discuss the completed paper tool with your doctor at your next visit

By discussing this completed tool with your healthcare professional, you can both view the trends and patterns of your blood sugar levels. The graph shows how well your blood sugar is controlled and you and your doctor can decide on the next steps.

Helping you see how what you do matters.

ACCU-CHEK 360 VIEW TOOL FOOD DIARY

The next few pages will take you through the Accu-Chek 360 View 3 Day Profiling Tool.

Over the course of the 3 days, ensure to fill out what you eat and drink over this 3 day period.

Day 1	Day 2	Day 3
Breakfast	Breakfast	Breakfast
Snack	Snack	Snack
Lunch	Lunch	Lunch
Snack	Snack	Snack
Dinner	Dinner	Dinner
Snack	Snack	Snack
Drinks (soft drinks, hot beverages, alcohol, etc)	Drinks (soft drinks, hot beverages, alcohol, etc)	Drinks (soft drinks, hot beverages, alcohol, etc)

HOW TO FILL OUT YOUR ACCU-CHEK 360 VIEW 3-DAY PROFILING TOOL

	Day 1 Date:							Day 2 Date:							Day 3 Date:						
	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed
Blood Glucose																					
Time																					
Insulin Dose																					
Meal Size SML	-	SML	-	SML	-	SML	-	SML	-	SML	-	SML	-	SML	-	SML	-	SML	-	SML	-
Energy Level*																					
BLOOD GLUCOSE RANGE – HIGH: >16.7 mmol/L																					
HIGH: 14.5 - 16.7 mmol/L																					
HIGH: 12.3 - 14.4 mmol/L																					
HIGH: 10.1 - 12.2 mmol/L																					
HIGH: 7.8 - 10.0 mmol/L																					
6.2 - 7.7 mmol/L**																					
4.5 - 6.1 mmol/L**																					
LOW: 2.8 - 4.4 mmol/L																					
LOW: < 2.8 mmol/L																					

Step 1
Fill in the dates for the days you are tracking your blood glucose results.

Step 2
Time of day when to test your results

Step 3
Your blood glucose level

Step 4
Time you tested

Step 5
If you use insulin, enter your unit dose (units)

Step 6
Circle meal size (based on normal eating habits): **S**mall, **M**edium, **L**arge

Step 7
Rate your activity level on a scale of 1 (very low) to 5 (very high)

Step 8
Graph your blood glucose level (from Step 3) by placing an X in the corresponding row of the chart. **Then connect the X's**

** Handelsman Y, et al. American Association of Clinical Endocrinologists and American College of Endocrinology - Clinical Practice Guidelines for Developing a Diabetes Mellitus Comprehensive Care Plan - 2015 - Executive Summary. Endocr Pract. 2015 April;21(Suppl 1):1-87.

Next time you visit your diabetes healthcare professional, remember to bring this diary along.

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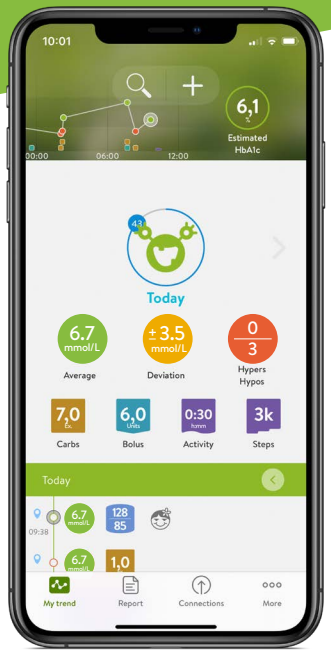
You've made it to the end of your diabetes logbook!

Continue your meaningful monitoring journey with mySugr®, your digital diabetes logbook.



The more **you log,** the more **you know.**

Connecting is easy!

The answers you want all in one place.

Connect your Accu-Chek blood glucose meter to automatically import your blood sugar values. Unlock mySugr® PRO for free to get the advanced app features like PDF reports and so much more!

Connect your Accu-Chek blood glucose meter:

1. **Download mySugr®** from the Apple App Store or Google Play Store and **create your mySugr® account.**
2. **Connect your meter with the app.**

   In the mySugr® app, select Connections (make sure Bluetooth is on). Select Accu-Chek Guide or Accu-Chek Guide Me, then Connect now.

   Follow the prompts.
3. **View all your diabetes data at your fingertips.**

   The mySugr® app automatically imports blood sugar results from your connected meter.
4. **Report and share.**

   Export your PDF report and share with your Health Care Professional to start having meaningful conversations about your diabetes.

Ready to download?

Scan the relevant QR code for your smartphone.

GET IT ON Google Play

Download on the App Store

mySugr®