

You'll see the difference with before-and-after testing.

ACCU-CHEK® Testing in Pairs is a simple paper tool designed to help you see changes in your blood sugar before and after a specific meal, exercise, or other event. Use it to discover how one thing in your daily routine can affect your blood sugar.

What could you learn?

- Does what and how much I eat make a difference in my result?
- Does activity/exercise affect my blood sugar?
- Does packing my lunch instead of eating out affect my blood sugar?



Meet Mary

Mary would like to learn how breakfast affects her blood sugar.

Here's how it works:

- 1 Start with a simple question and use your blood sugar results to see what works for you.
- 2 Each day, check your blood sugar before the meal or activity, and write the number in the **Before** column. Check it again 2 hours after the meal or activity, and write it in the **After** column.
- 3 How did your blood sugar change?

What do I want to learn?				
<i>How does breakfast affect me?</i>				
Day	Before	2 Hours After	Change	Notes
Jan 26	6.1	11.6	5.5	<i>Bowl of cereal</i>
Jan 27	7.2	15.5	8.3	<i>Pancakes, bacon</i>
Jan 28	6.9	14.1	7.2	<i>2 slices of raisin toast</i>

Mary's blood sugar tests right before and 2 hours after breakfast.

Name _____

Date of Birth _____

(For your healthcare provider's records)

What do I want to learn?				Notes
Day	Before	After	Change	
What do I want to learn?				Notes
Day	Before	After	Change	
What do I want to learn?				Notes
Day	Before	After	Change	

Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.

What did I learn?

www.accu-check.com.au • Accu-Chek® Enquiry Line: 1800 251 816

For people with diabetes. Use only as directed. Consult your healthcare professional for advice. ACCU-CHEK and ACCU-CHEK TESTING IN PAIRS are trademarks of Roche. © 2019 Roche Diabetes Care. All other trademarks are the property of their respective owners. Roche Diabetes Care Australia Pty. Limited, 24-32 Lexington Drive, Bella Vista, NSW 2153, Australia ABN 69 602 140 278, 08775397001. RDC6490. AU-322. Date of preparation February 2019.