



OneTouch® UltraSmart® Teaching Guide to testing around meals

Your healthcare professional has marked the OneTouch® UltraSmart® screens he or she wants you to review. Just follow the simple steps to see your glucose results in a chart or graph format. It's that easy. **All you have to do is test!***

YOUR BLOOD GLUCOSE GOALS			
Fasting (before breakfast)	mg/dL	Night (before bedtime)	mg/dL
Before Meal	mg/dL	2 Hours After Meal	mg/dL
Current A1c	%	A1c Goal	%



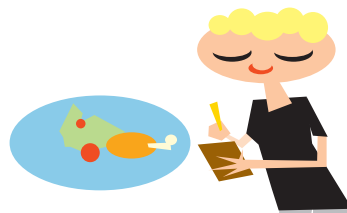
1. Press the Fast Facts™ SmartButton™



2. Press the scroll button to Glucose by Meals.



3. Press the OK button.



GLUCOSE BY MEALS

Glucose by Meals		
	Bef Lunch	Aft Lunch
Aug 27	80	130
Aug 26	104	138
Aug 25	80	200
Aug 24	70	124
Aug 23	100	114

NOTES



An easy way to see what happens to your blood sugar around meals. Comparing before-and-after meal results may help you see how certain meals affect your blood sugar.

*Don't forget to set up your personal mealtime schedule and target glucose range first. See page 68 of the owner's booklet.

To get to any screen just follow these 3 simple steps.



1. Press the Fast Facts™ SmartButton™.

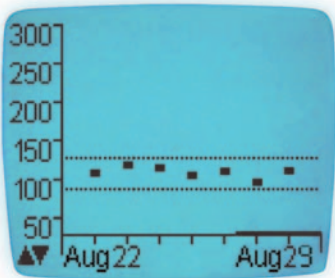


2. Press the scroll button to Glucose Analysis. Press the OK button. Scroll to desired chart.



3. Press the OK button.

GRAPH BY TIME OF DAY



Your target range is the area between the dotted lines. This graph shows you how often you are in or out of range.

NOTES



AVERAGE BY TIME OF DAY

Avg. by time of Day - 14 Days		
(14)	Bef Brkft	110
(14)	Aft Brkft	130
(14)	Bef Lunch	120
(14)	Bef Dinner	110
(7)	Aft Dinner	140
(2)	Night	110

Helps you spot if a specific mealtime is giving you trouble.

NOTES



GLUCOSE RANGE INFO

Bef Lunch Glucose Range 90-130		
(6)	Above	20%
(5)	In Range	70%
(3)	Below	10%

Do you wonder how often you are in or out of range around meals? This shows what percent of your glucose test results are in, above, or below range.

NOTES



For more charts and graphs, please see the owner's booklet.