

ONETOUCH[®]

LOGBOOK



Logbook Dates

TO

FROM

Contact Details

NAME

DOCTOR'S NAME

ADDRESS

DOCTOR'S PHONE

DIABETES EDUCATOR'S NAME

CITY

DIABETES EDUCATOR'S PHONE

STATE / POSTCODE

IN CASE OF EMERGENCY, NOTIFY (NAME)

PHONE

PHONE

ONETOUCH VERIO[®]

TRI-SURE / STRIP / TECHNOLOGY

YOUR HEALTH CARE PROFESSIONAL WILL ADVISE YOU WHETHER THIS PRODUCT IS SUITABLE YOU/YOUR CONDITION. ALWAYS READ THE LABEL.

The ONETOUCH VERIO[®] Blood Glucose Monitoring System is intended to be used for the quantitative measurement of glucose (sugar) in fresh capillary whole blood. Use only as directed. ONETOUCH VERIO[®] is a registered trademark of Johnson & Johnson. Distributed by Johnson & Johnson Medical Pty. Ltd., 1-5 Khartoum Road, North Ryde, NSW 2113, Australia. ABN: 85 000 160 403. © Johnson & Johnson Medical Pty. Ltd. 2010.

You deserve to feel your best. Now there's something you can do about it.

Staying out of your individually defined range can leave you feeling less than 100% – you know you feel better if you stay in range.

Checking your blood glucose is the only way to know if you're in range. But to feel the difference, you need to check smartly. That means checking when it matters most – and acting on your results.

Your goals for optimum diabetes management.

- BGL 4-6 mmol/L (fasting)

- HbA1c ≤ 7%

- LDL-C < 2.5 mmol/L*

- Total cholesterol < 4.0 mmol/L*

- HDL-C > 1.0 mmol/L*

- Triglycerides < 1.5 mmol/L*

- Blood pressure ≤ 130/80 mm Hg#

- BMI < 25 kg/m² (where appropriate)

- Urinary albumin excretion < 2.5 µg/min (timed overnight collection)
< 20mg/L (spot collection)
< 20mg/L (spot collection)
< 3.5 mg/mmol: women
< 2.5 mg/mmol: men (albumin creatinine ratio)

- Cigarette consumption Zero

- Alcohol intake ≤ 2 standard drinks (20g) per day for men and women[†]

- Physical activity At least 30 minutes walking (or equivalent) 5 or more days/week (Total ≥ 150 minutes/week)

*National Heart Foundation Guidelines.
[#]NHMRC Evidence-based Guidelines for the Management of Type 2 Diabetes, 2004.
[†]NHMRC, Australian Guidelines to Reduce Health Risks from Drinking Alcohol, 2009.
 These goals are derived from *Diabetes Management in General Practice 2009/10*, published each year by Diabetes Australia in conjunction with the Royal Australian College of General Practitioners.

What are my goals?

My healthcare professional recommends testing:

..... times a day.

My healthcare professional recommends my blood glucose range to stay between:

..... mmol/L to mmol/L.

Time of day	My target range
Waking up (fasting level): mmol/L to mmol/L
Before meals: mmol/L to mmol/L
2 hours after meals: mmol/L to mmol/L

Your HbA1c and you.

The HbA1c is a test that gives an average of the blood glucose level over the past 6–8 weeks and the ideal range is ≤ 7%. The HbA1c together with regular blood glucose monitoring is the best way to see the overall picture of your blood glucose levels.

It is recommended that people with Type 1 and Type 2 diabetes have their HbA1c tested every 3–6 months. Blood for this test is taken at a laboratory and your doctor must order the test.

Regular exercise may lessen the amount of medication you need.

Circle result each time you're above or below your target. Add comments on diet, exercise, stress etc.

BREAKFAST	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Time	2 8am							
Before	3 5.2							
After	7.1							
Carbs/Insulin	4 30g/18							
Comments	ST							
LUNCH	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Time	12pm							
Before	5.8							
After	5 10.2							
Carbs/Insulin	60g/19							
Comments	6 NC							
DINNER	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Time								
Before								
After								
Carbs/Insulin								
Comments								
BEFORE BED	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
Time								
Before								
After								
Carbs/Insulin								
Comments								

Use this ONETOUCH® logbook to help you learn how food, medication and exercise affect your blood glucose. Then make healthy decisions each day to better manage your diabetes.

Here's how to work with your ONETOUCH® logbook:

- 1 Fill in the week.
- 2 Write down the time you are checking at.
- 3 Check your blood glucose before and 2 hours after meals. Write down the "before meal" result in the before columns and the "after meal" result in the after columns.
- 4 Write down how many carbs you have eaten and how much and what type of medication you have taken.
- 5 When your result is high or low, circle it so you can see it at a glance.
- 6 Use the comments section to remark on anything important – like diet, exercise or stress.

Your ONETOUCH® logbook is a map to health and well-being. Check smartly, then act on your results!

Comments shortcuts

NC = NO COMMENT

NEF = NOT ENOUGH FOOD

TMF = TOO MUCH FOOD

ME = MILD EXERCISE

HE = HARD EXERCISE

MD = MEDICATION

ST = STRESS

IL = ILLNESS

HY = FEEL HYPO

H = HOLIDAY

O = OTHER

Week of:

Regular exercise may lessen the amount of medication you need.

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Time								
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After								
Carbs/Insulin								
Comments								

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- | | | | |
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Week of:

Your blood glucose levels change throughout the day.

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Time								
Before								
After								
Carbs/Insulin								
Comments								
LUNCH	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average
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Week of:

Checking regularly is the best way to see the effects of your medication.

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Week of:

Learn more by visiting
www.onetouch.com.au

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Before								
After								
Carbs/Insulin								
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