

ACCU-CHEK® *Insight* Three day Chek

The 3 day intensive monitoring programme to help you and your healthcare team manage your diabetes better.

Data can show you and your healthcare team:

- Trends in blood glucose levels
- The relationship between blood glucose values and
 - Time of day
 - Meal size
 - Energy level

Step 1
Fill in the **dates** for the days on which you will track your blood glucose results.

Step 2
Test your **blood glucose** using your Accu-Chek® Performa blood glucose meter at the times indicated.

Step 3
Enter the **time** of the test.

Step 4
Based on your normal eating habits, describe this **meal size** by circling Small, Medium or Large.

Step 5
Rate your **energy level** on a scale of **1** (very low), **2** (low), **3** (moderate), **4** (high), **5** (very high) and circle that score here.

Step 6
Enter your **blood glucose value**.

Step 7
Graph your **blood glucose level** by placing an **X** in the corresponding row of the chart and then connect the Xs.

Step 8
Note any incidents that may have affected your test results.

		Day 1 Date <i>March 4th</i>							Day 2 Date <i>March 5th</i>							Day 3	
		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
Time		07:05	09:08	11:30	13:31	17:45	19:42	21:45	07:00	09:03	12:03	14:07	18:07	20:10	22:00	07:15	09:18
Meal Size S M L		-	S (M) L	-	S (M) L	-	S (M) L	-	-	S (M) L	-	S (M) L	-	S (M) L	-	-	S (M) L
Energy 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	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)	1 2 3 4 (5)	1 2 (3) 4 5
Blood Glucose		5.1	9.0	4.8	10.8	4.5	14.7	6.9	4.9	10.4	4.7	10.4	4.6	5.8	6.9	4.9	9.1
BLOOD GLUCOSE RANGE	ABOVE RANGE	>16.0 mmol/L															
		14.0-16.0 mmol/L															
		12.0-14.0 mmol/L															
		10.0-12.0 mmol/L															
		8.0-10.0 mmol/L															
	BELOW RANGE	6.0-8.0 mmol/L															
		4.0-6.0 mmol/L															
		2.0-4.0 mmol/L															
		<2.0 mmol/L															
Comments																	

Example

Birthday party

Went bowling

By connecting the recorded results, you can easily identify trends in your blood glucose levels.

Out of recommended-range blood glucose values can indicate a need for better blood glucose control, and might suggest the need to adjust and/or change therapy.

ACCU-CHEK® Performa



FASTER 5 second test. New Zealand's first 5 second blood glucose test strip.



SMALLER 0.6uL sample. Just a small 0.6uL sample is all that's needed, making testing easier and less painful.



SMARTER Intelligent infrared connectivity. For fast, cable-free downloading of test results, making it easier to discuss the results with your healthcare professional.

