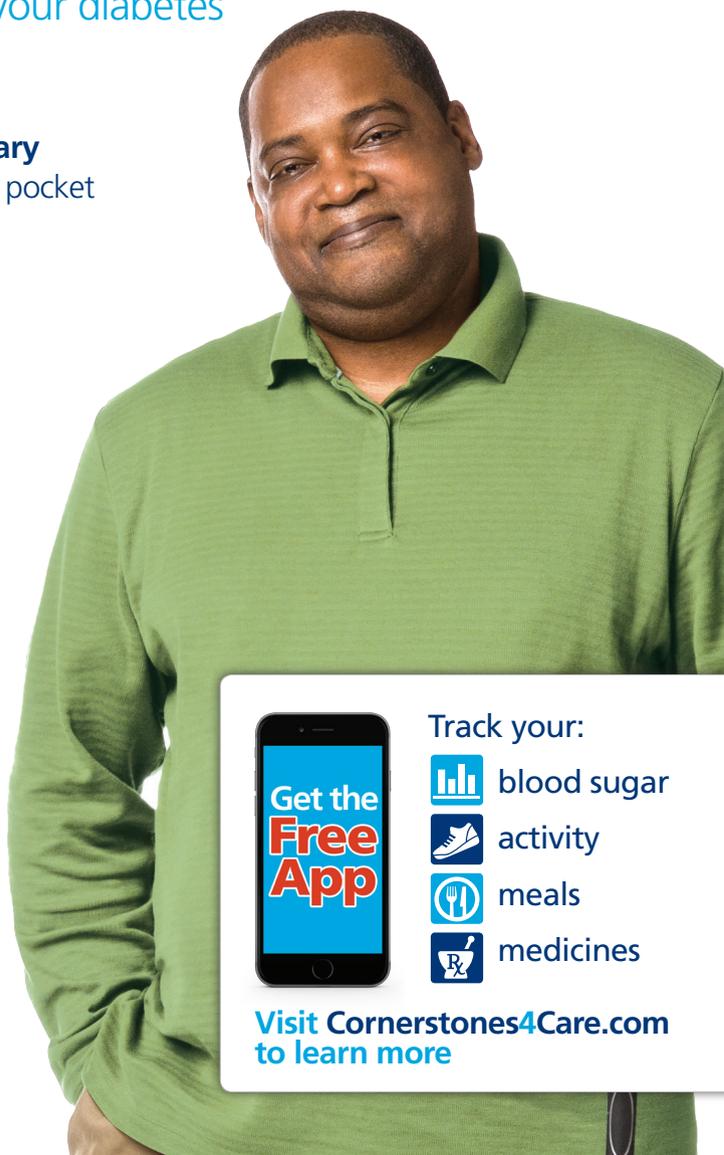


Staying on track

Your guide to tracking and monitoring your diabetes

Blood sugar diary
included in back pocket



Track your:



blood sugar



activity



meals

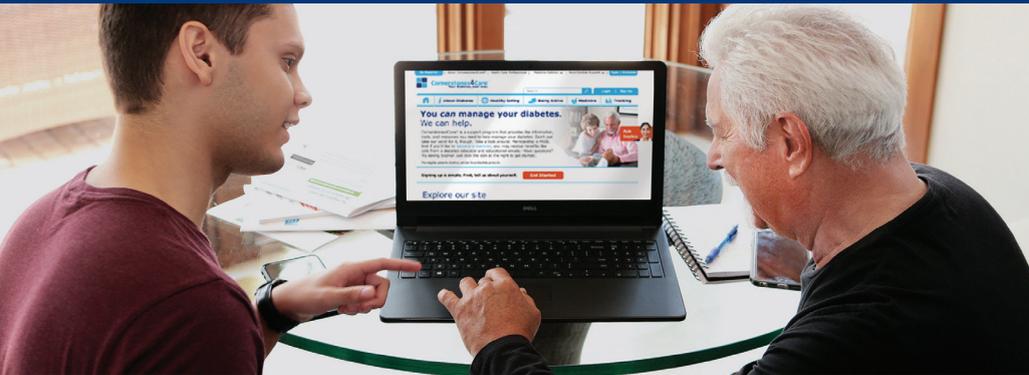


medicines

Visit Cornerstones4Care.com
to learn more



The Diabetes Health Coach



A **FREE** personalized diabetes care plan that may help you manage your diabetes

You can get live and online support just for you!

Live support

- Live calls from a Certified Diabetes Educator*
- Text messages and email support

Online support

- Tools and tips whenever you want them
- Information about what matters most to you
- Build skills to help you manage your diabetes

Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) often to:

- Sign up or log into your personal online plan
- Get up to date information on diabetes care
- Try new tools and trackers
- “Ask Sophia!” our digital assistant questions about diabetes



*Some features are for patients starting certain Novo Nordisk products.



Cornerstones4Care®

What's inside

Introduction	4
Know your numbers	5
Managing diabetes	6
Daily blood sugar	7
Time in range	10
Your A1C	11
Monitoring blood sugar	13
Checking your blood sugar	14
Staying on track	14
What the numbers mean	19
Understanding your numbers	20
Managing low blood sugar	20
Managing high blood sugar	24
Monitor your health	27
Diabetes and your body	28
Stick with it	35
Learn from your test results	36
Get organized	36

The goal of this booklet is to help you learn about tracking and monitoring. These are useful tools to check and see how you and your diabetes care team are managing your diabetes. Use this booklet and the tracker in the back pocket to see if you are at your target and what you can do to help you reach your goals.

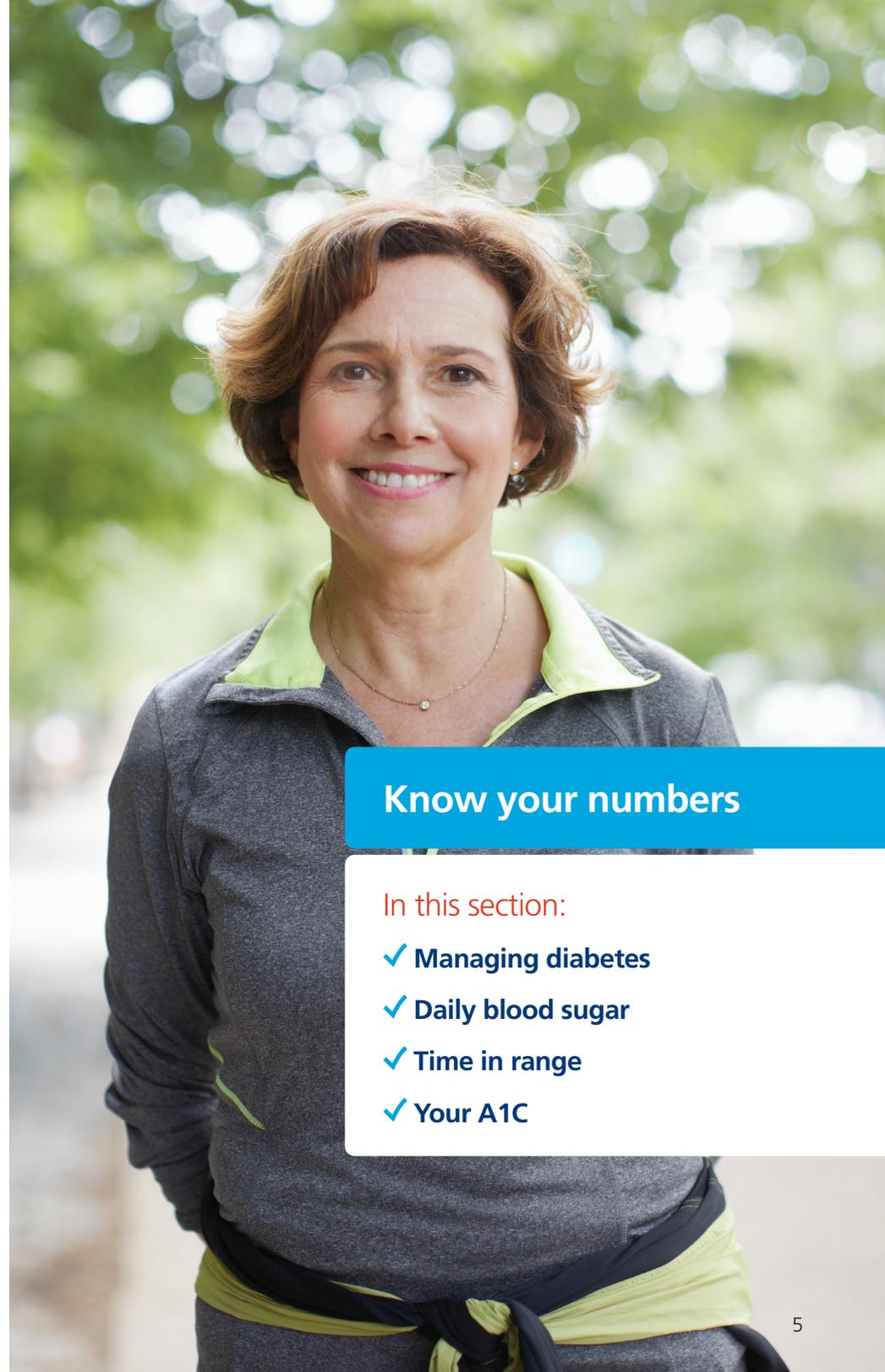
Look for this symbol throughout the booklet



Go to [Cornerstones4Care.com](https://www.cornerstones4care.com) from your smartphone, tablet, or computer for more information and support.

Also available in Spanish at [Espanol.Cornerstones4Care.com](https://www.espanol.cornerstones4care.com)

This booklet is consistent with American Diabetes Association educational materials, including the Standards of Medical Care in Diabetes. This booklet does not replace the advice of your diabetes care team. Be sure to talk with your diabetes care team about a diabetes care plan that is right for you.



Know your numbers

In this section:

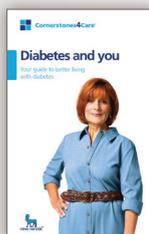
- ✓ Managing diabetes
- ✓ Daily blood sugar
- ✓ Time in range
- ✓ Your A1C



Managing diabetes

Part of managing your diabetes is knowing your blood sugar numbers and understanding what they mean. You and your diabetes care team (your doctor, registered dietitian, and/or diabetes educator) will set blood sugar goals that are right for you. Doing daily blood sugar checks and keeping track of your numbers helps you and your care team know how well your diabetes is being managed.

The blood sugar goals shown in this booklet are recommended by the American Diabetes Association (ADA) for many nonpregnant adults with diabetes. Your goals may be different.

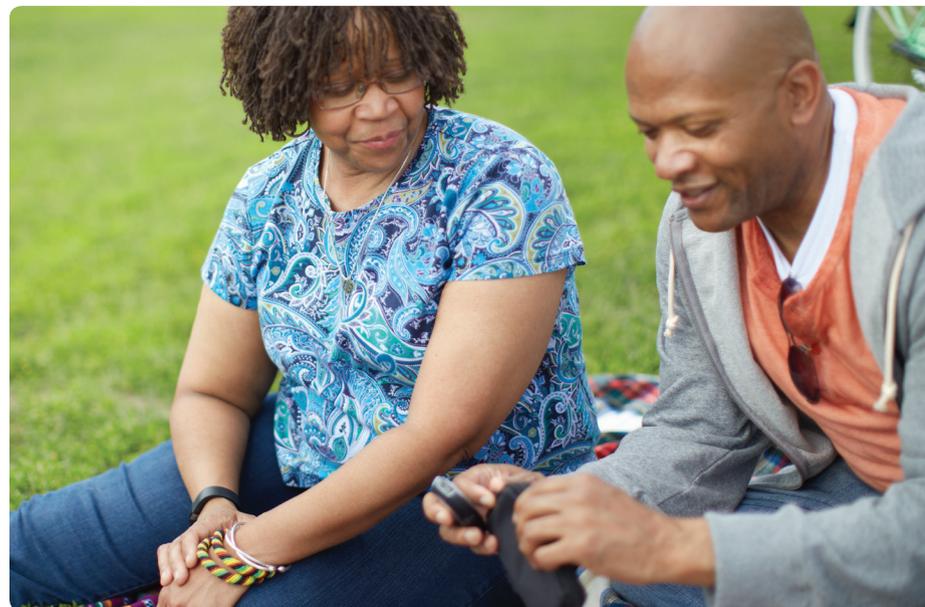


Managing diabetes starts with understanding it. Ask your diabetes care team for the *Diabetes and you* booklet. You can learn more about what diabetes is and why it happens. It also offers tools and resources to help you manage your diabetes.

Daily blood sugar

Checking your own blood sugar helps you learn more about your diabetes and how it's being managed. Each time you check your blood sugar, you will know right away:

- If your blood sugar is too high or too low
- How physical activity and food affect your blood sugar
- If your insulin or other diabetes medicine is working



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for helpful tips on checking your blood sugar.



You and your diabetes care team will decide when and how often you should check your blood sugar. Here are some times when you might want to check:

When you wake up

Before meals and snacks

Before, during, or after exercise

Before bedtime

1-2 hours after meals

You and your diabetes care team will set blood sugar goals that are right for you. Write your goals in the boxes below.

My blood sugar goals

Before meals:

1-2 hours after a meal:

For most nonpregnant adults with diabetes
the ADA recommends:

<p>Blood sugar levels between 80-130 mg/dL before meals</p>	<p>Blood sugar levels under 180 mg/dL 1-2 hours after the start of a meal</p>
--	--



Time in range

If you use a **continuous glucose monitor**, or **CGM**, it tracks your blood sugar levels all day and night. It works through a tiny sensor put under the skin. It is usually placed on your belly or arm. It sends the information to a computer, smartphone, or tablet. Your diabetes care team will use this information to see if your blood sugar levels are in a target range. Fill in your target range below.



Time in range is shown as:

- Percent of your blood sugar readings, or
- Hours in a day

My target range

mg/dL

The ADA suggests a range of 80 to 180 mg/dL.



Your A1C

A1C is a blood test. It tells what your average blood sugar level has been over the last 3 months. You and your diabetes care team will set an A1C goal that's safe and right for you. Keep in mind that your goal may change over time.

The A1C test can help you manage your diabetes. It can:

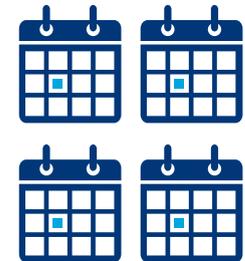
- Confirm your daily blood sugar checks
- Help you know if your diabetes care plan is working
- Show you how healthy choices can make a difference

You should have an A1C test:

- 2 times a year if you are meeting your A1C goal



- 4 times a year if you are not meeting your A1C goal or if your treatment has changed



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about how A1C relates to average blood sugar levels.

My A1C numbers

The ADA suggests an A1C goal of less than 7% for most nonpregnant adults with diabetes. Your personal goal may be higher or lower. Write your numbers in the boxes below.

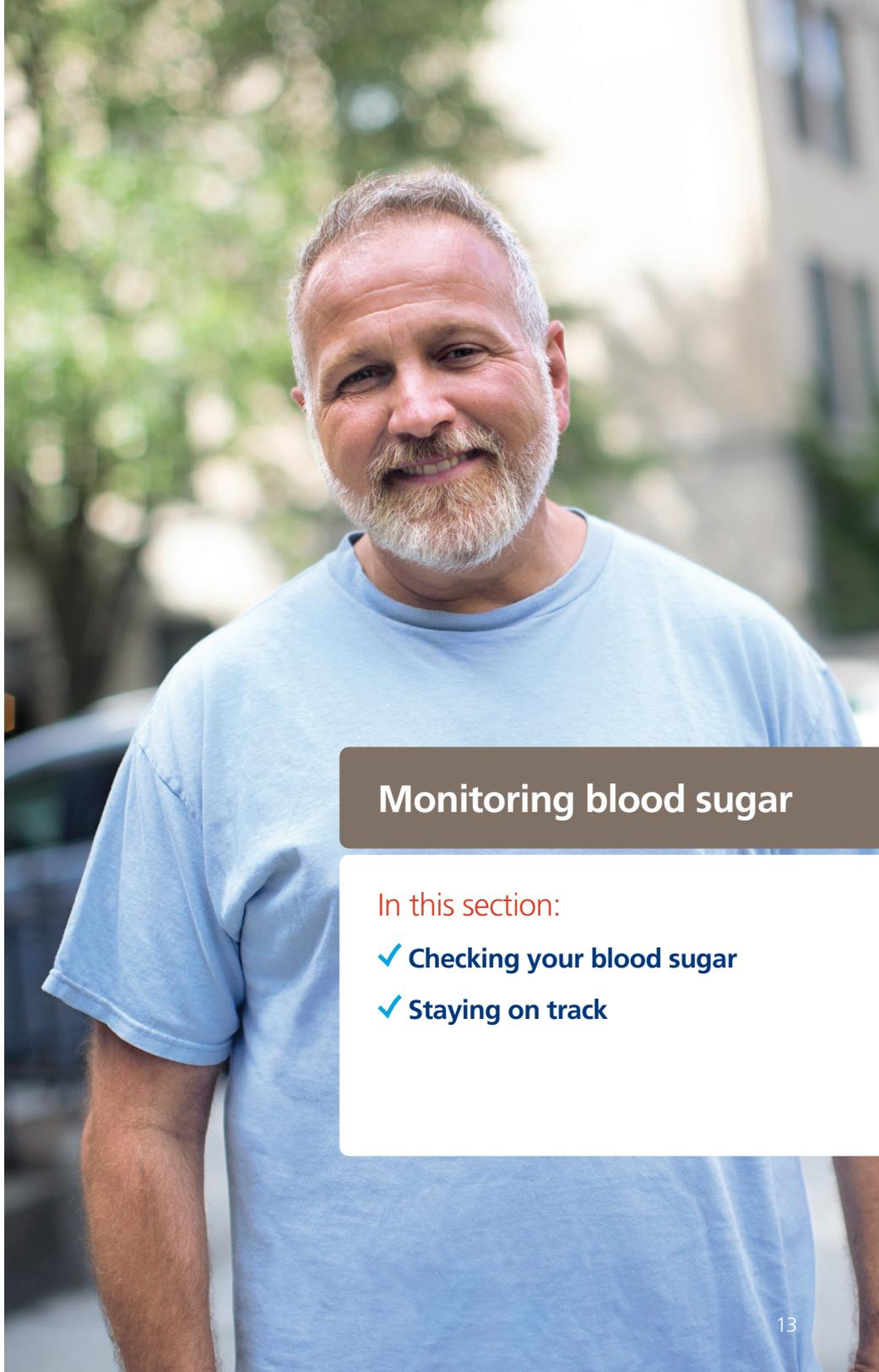
My A1C now

My A1C goal

My A1C tracker

Use the spaces below to keep track of your A1C.

Date:	A1C:
_____	_____ %
_____	_____ %
_____	_____ %
_____	_____ %
_____	_____ %
_____	_____ %
_____	_____ %



Monitoring blood sugar

- In this section:
- ✓ Checking your blood sugar
 - ✓ Staying on track



Checking your blood sugar

A **blood sugar (or glucose) meter** is a small device that tests and reports your blood sugar level at the time of the test. There are many kinds of meters. Your diabetes care team can help you choose a meter and show you how to use it.

If you use a **continuous glucose monitor, or CGM**, it tests your blood sugar levels for you. Your diabetes care team will decide if a CGM is right for you.

Staying on track

Keeping track of your blood sugar readings and daily events is a good thing to do. Why? Because it lets you and your diabetes care team see your blood sugar patterns and know if you are in your goal range.

It is also important to keep track of things that cause your blood sugar to go up or down, such as:

- What you eat, especially carbs
- Doses of insulin and other diabetes medicines
- Physical activity
- Stressful situations
- Being sick

Tracking your blood sugar

You will find a blood sugar tracker in the pocket at the back of this booklet. You can use it to write down your blood sugar readings. See pages 4 and 5 of the tracker for more information about how to use it. Be sure to bring the tracker to visits with your diabetes care team. Sharing it helps all of you see how well your diabetes care plan is working.

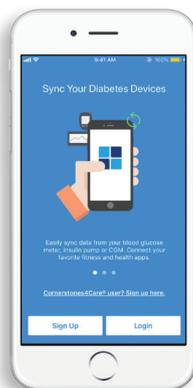


Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about why tracking your blood sugar matters.



Technology has improved ways to help track your blood sugar levels. There are many devices, online trackers, and apps that can help make it easier to manage diabetes.

Cornerstones4Care®
Powered by *glooko*



Cornerstones4Care® Powered by Glooko is a **free** app that can help you manage your diabetes.

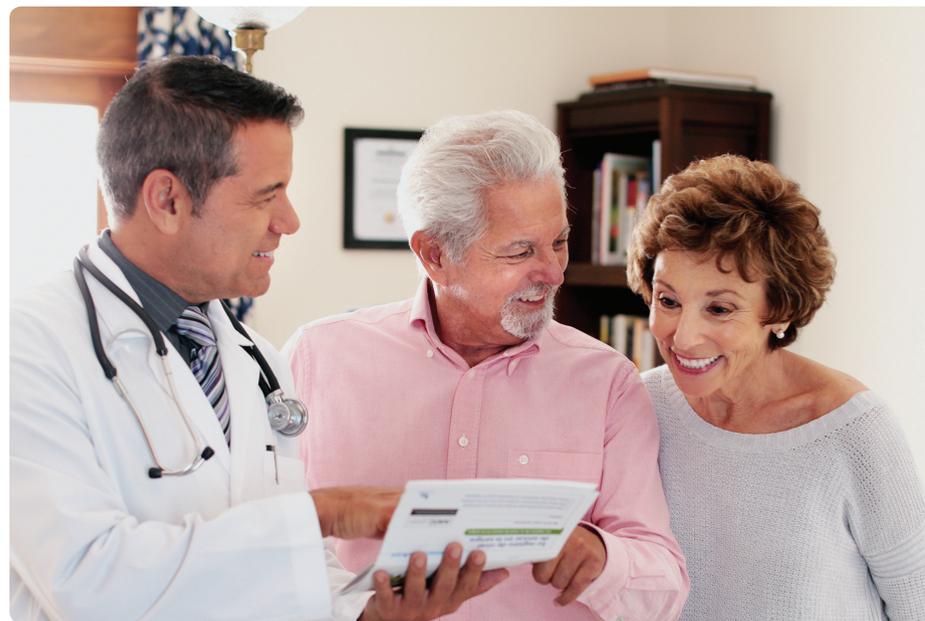
- Track blood sugar, medicines, meals, and activity all in one place
- Connect with blood glucose meters, CGMs, insulin pumps, and health and fitness trackers
- Register for **Cornerstones4Care®**, a **free** diabetes support program

Simply download the **free Cornerstones4Care®** Powered by Glooko app to your mobile device from iTunes (for iPhones) or Google Play (for Android devices).

Tracking and adjusting insulin

Type 2 diabetes changes over time. So, at some point you may have to add insulin to your diabetes care plan. This does not mean you did anything wrong. It just means that your diabetes has changed.

The goal of adding insulin is to help keep your blood sugar close to your goal range. There are many types of insulin. If you need insulin, you and your diabetes care team will select the type that's right for you.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for help with making tracking part of your daily routine.

If you are starting insulin, ask your doctor to help you fill in the insulin guide on page 55 or 57 in the back pocket of this booklet. If you're taking long-acting or mealtime insulin, the guide can help you track and adjust your insulin dose each day based on your doctor's instructions.

Guide to tracking mealtime insulin

Your blood sugar tracker

1 Your starting dose
2 When to take insulin. This example assumes

Day	Time	Before		After		Remarks
		Blood Sugar	Insulin	Blood Sugar	Insulin	
MONDAY	08:00	100	10	150	10	
	12:00	120	10	180	10	
	05:00	140	10	160	10	
Repeat above process every day						

Guide to adjusting long-acting insulin

Long-acting insulin is also called basal or background insulin. It provides steady insulin levels throughout the day and night. If your doctor has told you to adjust your mealtime insulin dose, have him or her complete this section for you.

OPEN HERE If your doctor wants you to adjust your mealtime insulin.

If your doctor has told you to adjust your long-acting insulin dose, have him or her complete this section for you.

My dose _____ unit(s) at _____ time

My morning blood sugar target _____

If your morning blood sugar reading before eating is: _____ or less (example: 80 or less)

Between _____ and _____ (example: between 81 and 130)

_____ or more (example: 131 or more)

Then you should:

⊖ Subtract _____ unit(s)

✓ Take the same dose

⊕ Add _____ unit(s)

Do not take more than _____ units without talking to your doctor.

Guide to adjusting your mealtime insulin dose

If your doctor has told you to adjust your mealtime insulin dose, have him or her complete this section for you and walk you through the example. Change or adjust your mealtime dose only as instructed by your doctor.

1 Day 1 starting dose: _____

2 When to take mealtime insulin: Breakfast Lunch Dinner

3 When to check blood sugar: Before lunch Before dinner At bedtime

4 If your blood sugar reading is:

_____ or less (example: 80 or less) ⊖ Subtract _____ unit(s)

Between _____ and _____ (example: between 81 and 130) ✓ Take the same dose you took today

_____ or more (example: 131 or more) ⊕ Add _____ unit(s)



What the numbers mean

In this section:

- ✓ Understanding your numbers
- ✓ Managing low blood sugar
- ✓ Managing high blood sugar

Insulin Dosing Guide

When to take mealtime insulin:

Breakfast Lunch Dinner

When to check blood sugar:

Before lunch Before dinner At bedtime

If your blood sugar reading is:

_____ or less (example: 80 or less) ⊖ Subtract _____ unit(s)

Between _____ and _____ (example: between 81 and 130) ✓ Take the same dose you took today

_____ or more (example: 131 or more) ⊕ Add _____ unit(s)

You will find a tear-off card in the back of your tracker. Ask your doctor to write your starting dose of mealtime insulin there. You can carry the card in your wallet to help you remember.



Understanding your numbers

Each time you check your blood sugar, you can learn something. Think about how food, activity, stress, or medicines may have affected your levels. Are your levels too high or too low at the same time of day for several days in a row? If so, it might be time to change your diabetes care plan.

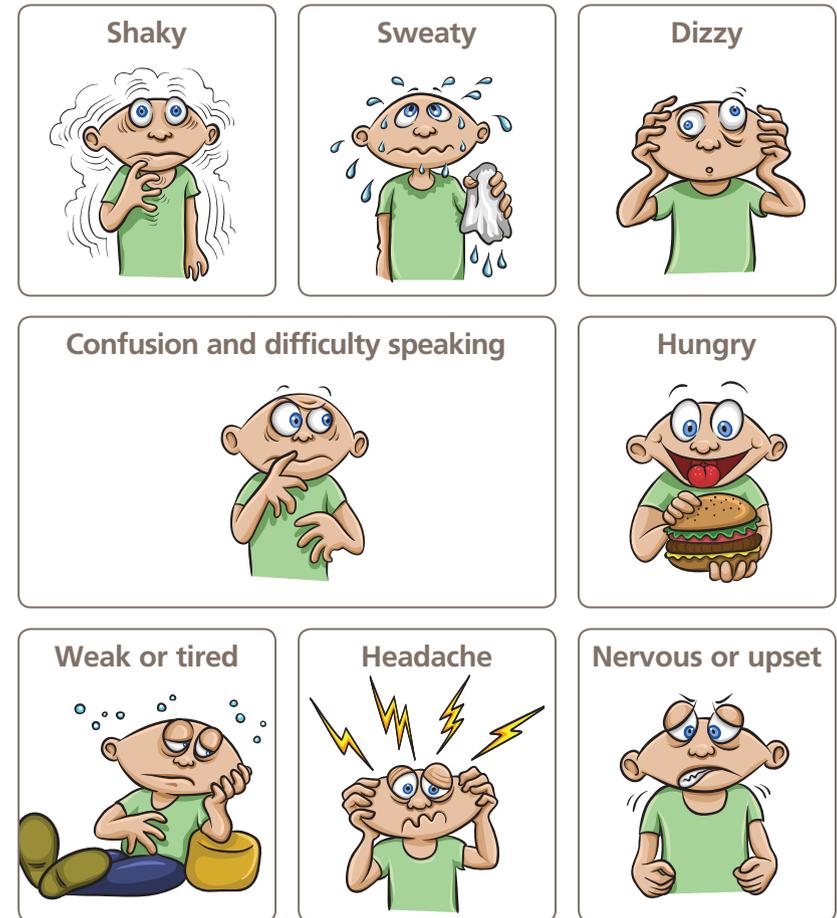
Be sure to write down your results or log them online or in an app. Work with your diabetes care team to learn what your results mean for you.

Everyone with diabetes can have low or high blood sugar once in a while. When it happens to you, you may feel upset or frustrated. Remember that your blood sugar checks are a way to track how well your diabetes care plan is working. Changes in care plans are normal with diabetes.

Managing low blood sugar

There may be times when your blood sugar level drops too low (called *hypoglycemia*). For most people with diabetes, below 70 mg/dL is too low.

If your blood sugar is too low, you might feel:



Sometimes there may be no symptoms at all.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about what can cause you to have low or high blood sugar.



If you have any symptoms of low blood sugar, check your blood sugar right away. If you can't check it, treat it anyway.

Eat or drink 15 grams of carbohydrates right away, such as:



4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)

4-6 ounces (½ can) of regular soda pop (not diet)



4 glucose tablets or
1 tube of glucose gel



1 tablespoon of sugar,
honey, or corn syrup



2 tablespoons of raisins



Wait 15 minutes and then check your blood sugar again:

- If it is still too low (below 70 mg/dL), eat or drink another 15 grams of carbohydrates
- Check your blood sugar again after another 15 minutes. Repeat these steps until your blood sugar is back to normal
- If your next meal is more than an hour away, eat a snack to keep your blood sugar in your goal range

What to do in a severe blood sugar emergency

Severe low blood sugar can cause people to pass out, and it can be life threatening. Severe low blood sugar will require help from someone else.

✓ People should:

- Follow the severe low blood sugar treatment plan provided by your diabetes care team
- Teach a family member how to inject a glucagon medicine if prescribed
- Call 911



✗ People should not:

- Inject insulin (It will lower blood sugar even more)
- Give anything to eat or drink if they are unconscious and not able to swallow (it could cause choking)



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about blood sugar and diabetes.



Managing high blood sugar

High blood sugar (called *hyperglycemia*) is when there is too much sugar in your blood. Over time it can cause serious health problems.

Here's what may happen when your blood sugar is high:

<p>Very thirsty</p> 	<p>Very hungry</p> 	<p>Sleepy</p> 
<p>Needing to pass urine more than usual</p> 	<p>Infections or injuries heal more slowly than usual</p> 	<p>Blurry vision</p> 

Sometimes there may be no symptoms at all.

The best thing to do about high blood sugar is prevent it. Follow your meal and activity plans and take all your medicine as directed.

Call your diabetes care team if:

- Your blood sugar has been above your goal for 3 days and you don't know why
- You have symptoms of high or low blood sugar



You may need a change in your meal plan, physical activity, or diabetes medicines.

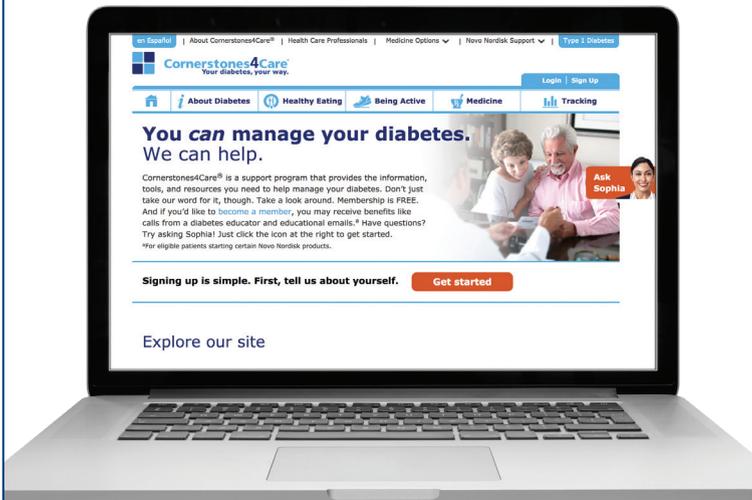


 Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to find helpful fact sheets about low and high blood sugar.

Register today for a **FREE** diabetes support program!

Cornerstones4Care®

It provides personalized information, tools, and resources to help you manage your diabetes.

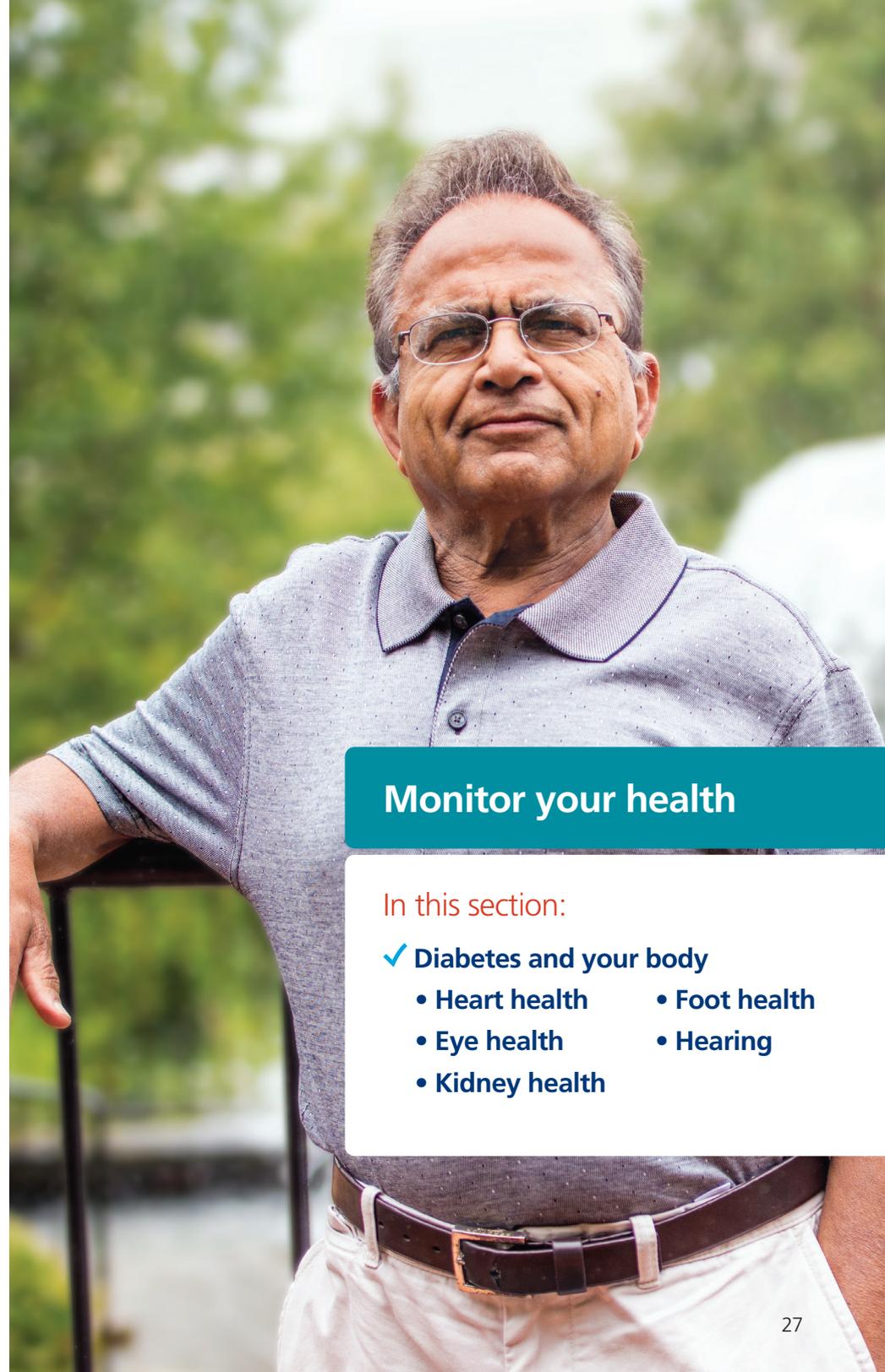


It's easy to register!

Mail in the card in the front of this book



- Go online to [Join.Cornerstones4Care.com](https://www.join.cornerstones4care.com)
- Call us at 1-877-497-9601 or 1-800-727-6500 from 8:30am to 6:00pm EST



Monitor your health

In this section:

- ✓ **Diabetes and your body**
 - Heart health
 - Eye health
 - Kidney health
 - Foot health
 - Hearing



Diabetes and your body

Checking your blood sugar is only one important way to know how well your diabetes care plan is working. Diabetes can affect your whole body and your overall health. So, it's very important to keep watch over, or monitor, the health of your:

<p>Heart</p> 	<p>Eyes</p> 	<p>Kidneys</p> 
<p>Feet</p> 	<p>Hearing</p> 	

Heart health

People with diabetes have a greater risk for heart disease. Talk with your doctor about your own risk for heart attack or stroke. There are things you can do to help prevent or slow down heart disease.

Keep track of your blood pressure



- Every time you visit the doctor, get your blood pressure checked
- You and your diabetes care team will decide the right blood pressure goal for you and if you should check your blood pressure at home
- What blood pressure numbers mean:
 - Healthy blood pressure: below 120/80 mm Hg
 - Early high blood pressure: between 120/80 mm Hg and 140/90 mm Hg
 - High blood pressure: 140/90 mm Hg or higher

My blood pressure goal

<p>____ / ____ mm Hg</p>	<p>I will check my blood pressure ____ times each day/week/month</p>
--------------------------	---

Use the spaces below to keep track of your blood pressure.

Date:	Blood pressure:
_____	_____ mm Hg



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for support to help you manage your diabetes.



Know your cholesterol numbers

- Talk with your diabetes care team about your cholesterol numbers and to set your goals. Write them in the boxes below
- To help lower your cholesterol, your diabetes care team may recommend that you:
 - Lose weight
 - Follow a meal plan
 - Take a medicine called a statin

Quit smoking

- Stop using cigarettes and other tobacco products or e-cigarettes
- Decide on a quit date. (Choose a time when you won't be too stressed)
- Get support for quitting. For free help, call 1-800-QUIT-NOW (1-800-784-8669) or visit smokefree.gov



My cholesterol goals

HDL

LDL

Triglycerides

Statin: Yes No



My quit date

Date

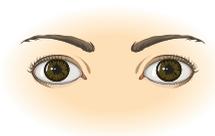


Visit Cornerstones4Care.com to learn more about living with diabetes.



Eye health

To help protect your eyes, you should have a dilated eye exam every year, or as often as directed by your doctor.



- During a dilated eye exam, the pupils of your eyes (the black centers) are made bigger with drops. This allows the doctor to see the inside of your eyes more easily
- Call your eye care specialist or diabetes care team right away if you notice any change in your vision

Be sure to go to your appointments and get any laboratory tests suggested by your diabetes care team. Write the dates in the boxes here.

Foot health

To protect your feet, you should have a full foot exam every year. If you have certain risk factors, your doctor may have to check them more often.

- Take your socks and shoes off during office visits to remind your doctor to check your feet
- Check your feet every day for any sign of injury. Tell your doctor about any injury that does not heal



My next eye exam

Date

Kidney health

To keep your kidneys as healthy as possible:



- Keep your blood sugar levels and blood pressure as close to your goals as you can
- To check the health of your kidneys, have your urine and blood tested at least once a year, or as often as directed by your doctor

My next foot exam

Date

My next kidney exam

Date



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for information about what you can do to prevent other health problems.

Your hearing

Hearing loss is 2 times more likely in people with diabetes than in those who don't have diabetes.



- Hearing loss can happen slowly, so symptoms are often hard to notice
- Ask your doctor if you should have a full hearing screening

My next hearing screening

Date



Go to [Cornerstones4Care.com](https://www.cornerstones4care.com) to **Ask Sophia!** She is a digital assistant that can answer questions about diabetes and so much more!

Ask Sophia!



"How may I help you?"



Ask Sophia! is also available through your voice activated home assistant device. Simply ask your device to open "Digital Sophia!"



Stick with it

In this section:

- ✓ Learn from your test results
- ✓ Get organized



Learn from your test results

Look at your blood sugar test results often. Doing so can help you:

- Manage your blood sugar levels
- Make quick adjustments, when needed
- Predict and prevent low and high blood sugar
- Reduce your risk of complications and hospitalizations

Ask your diabetes care team to look at your blood sugar readings. They can teach you how to see patterns and understand the information on your own.

Get organized

Keeping track of your results is an important part of your diabetes care plan. Bring your handwritten log or app to share with your diabetes care team. This can provide a complete picture of how your body is responding to your diabetes care plan. Use the tracker in the back pocket of this booklet to help you keep track of your blood sugar levels.

But tracking doesn't stop with blood sugar. Keep track of the members of your diabetes care team, your medicines, and your diabetes care plan.

Keep track of your diabetes care team

Stay in touch with your diabetes care team. Don't hesitate to contact a team member if you have questions or concerns. Write the names and numbers of your team members below.

My care team

Name:	Phone number:
Primary doctor	
Diabetes educator	
Registered dietitian	
Pharmacist	
Dentist	
Podiatrist	
Exercise specialist	
Mental health professional	
Other	



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about diabetes.

Keep track of your medicines

You may have to take diabetes medicines to reach your blood sugar goals. It's important to know what each medicine is and how to take it. Be sure to take each medicine exactly as your doctor tells you to. Write down all of your medicines here and bring this booklet with you to every office visit.



My medicines

Name:

Dose:

Why I take it:



Keep track of your diabetes care schedule

Below is the diabetes care schedule recommended by the American Diabetes Association (ADA).

These recommendations are only guidelines. Every person with diabetes is different. So, talk with your diabetes care team to set up a care schedule that's right for you.

Every 3 months

(or as often as your diabetes care team advises)



Regular office visit



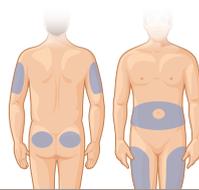
Blood pressure check



A1C test (if your blood sugar is not at goal)



Weight check



Skin check (injection sites)

Every 6 months

(or as often as your diabetes care team advises)



A1C test (if your blood sugar is at goal)



Dental office visit

Every year

(or as often as your diabetes care team advises)



Physical exam



Dilated eye exam



Foot exam with sensory testing (needed more often if you have foot problems)



Hearing screening



Flu shot



Blood fat and cholesterol tests (if your levels are normal)



Liver test



Kidney tests



Mental health check



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to help you build a personalized care plan to help you manage your diabetes.



Novo Nordisk is dedicated to diabetes

Diabetes is our passion and our business

As a leader in diabetes, Novo Nordisk is dedicated to improving diabetes care worldwide. Since 1923, we have been focused on innovation and leadership in diabetes care. Today we have a broad portfolio of medicines.

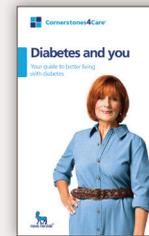
The Novo Nordisk Patient Assistance Program (PAP) is our continued commitment to people living with diabetes. If you are having trouble affording your Novo Nordisk brand medicine, you may qualify for help. Call Novo Nordisk PAP toll-free at 1-866-310-7549 from 8:30am to 6:00pm EST to see if you qualify.

For more information about Novo Nordisk products for diabetes care, or to request a Blood Sugar Diary, call the Customer Care Center at 1-800-727-6500 from 8:30am to 6:00pm EST.



The more you know about diabetes, the better you will be able to manage it. Ask your doctor for these **FREE** books. For even more information, go to [Cornerstones4Care.com](https://www.cornerstones4care.com).

The **Cornerstones4Care**® educational booklet series is designed to help people with diabetes work with their diabetes care teams to learn about and manage diabetes.



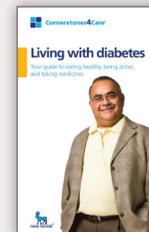
Diabetes and you

This booklet gives you key information about diabetes and why it happens. It also offers tools and resources to help you manage your diabetes.



Meal planning and carb counting

Learn more about meal planning and carb counting with diabetes. This booklet offers helpful tools and resources for planning healthy meals and managing your diabetes. Use food lists to help you make healthy choices.

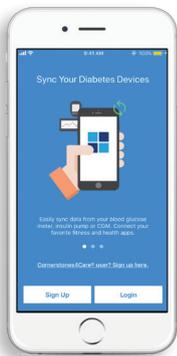


Living with diabetes

Take steps to manage your diabetes by eating healthy, being active, and taking medicines. This booklet gives you more information about how to live well with diabetes.

Cornerstones4Care®

Powered by *glooko*



A **FREE** app to help you manage your diabetes

See your data anywhere, any time.



Sync readings—connects with most popular devices:

- ✓ Blood glucose meters
- ✓ Insulin pumps
- ✓ Continuous glucose monitors (CGMs)
- ✓ Health and fitness trackers



Get information about healthy eating and lifestyle choices



Set reminders, such as when to take your medicine or be active



Register for Cornerstones4Care®, a **free** diabetes support program

Download the **FREE**
Cornerstones4Care® Powered by Glooko
app to your mobile device today!

The photographs used in this booklet are for illustration only. The models in the photographs do not necessarily have diabetes or other ailments.

Cornerstones4Care® is a registered trademark of Novo Nordisk A/S.

Novo Nordisk is a registered trademark of Novo Nordisk A/S.

© 2019 Novo Nordisk. All rights reserved. US19PAT00014 July 2019 [Cornerstones4Care.com](https://www.cornerstones4care.com)

