

## Tracking my progress

When it comes to managing diabetes, how do you measure your progress? It really depends on your goals. Do you have a certain blood sugar number you want to reach? Is your goal to have more energy to do the things you enjoy? The answer may vary for each person with diabetes. No matter your goal, have a plan to help you reach it. Use a checklist as a guide to help you decide which steps to take next.

### Blood sugar checks

Checking your blood sugar on your own is a crucial step. It can be done using a hand-held device called a glucometer. This is also called a meter. Your blood sugar level shows up as a number on the meter screen. Knowing how your blood sugar changes after a meal helps you choose the best foods. It can also show you how well your diabetes pills or insulin is working. The chart below shows target blood sugar ranges for adults with diabetes:

### Blood sugar control

Blood sugar before a meal	70 - 130 mg/dl (5.0 - 7.2 mmol/l)
Blood sugar after a meal	<180 mg/dl (<10.0 mmol/l)
A1C	<7.0%

Here are some other things to consider:

- Do you check your blood sugar as often as your doctor directed?
- Do you have a meter and the other supplies you need for testing?
- Are you comfortable using your meter and taking diabetes medicines?
- Do you keep a log of your blood sugar test results?

If you answered yes to all of those questions, you're doing great! If not, it may be time to review the diabetes care plan you and your health care team created. This will help you know how often to check your blood sugar. Your doctor can help you get all the tools you need to test your blood sugar. Also, bring your meter to your next doctor's appointment. Ask the doctor or nurse to show you how to use it. Write down your test results each time you check your blood sugar. Keep your log with your meter.

### Who should check?

Anyone with diabetes can benefit from doing blood sugar checks. It is extra important for those who:

- Take insulin or diabetes pills
- Are pregnant
- Have a hard time controlling blood sugar levels
- Have severe low blood sugar levels or ketones from high blood sugar levels
- Have low blood sugar levels without the usual warning signs

### **The A1C test**

The A1C test is another important tool to help you and your health care team check your progress. Your score is measured by a blood test that is ordered by your doctor. Your A1C result shows your average blood sugar levels for the past 3 months. This is different than the tests you do at home each day. It is usually done two to four times a year. The A1C test is not meant to replace your daily blood sugar self-testing.

The A1C goal for most people with diabetes is less than 7 percent. Almost half of adults with diabetes have an A1C of 7 percent or higher. You can use the A1C converter to see how your A1C number compares to your daily blood sugar test results.

### **Support to help you manage your diabetes:**

- We can help you talk to your family or caregiver about your diabetes.
- We can assist you in finding community programs and resources in your area
- Tips to talk with your doctor and get the most out of your visit:
  1. Ask any questions you may have about your diabetes. You can write them down and take them with you to your visit.
  2. Follow your doctor's advice. If you have questions or concerns, let your doctor know.
  3. Make sure your doctor knows what medicines you are taking.

### **Important screenings:**

- Depression
- Other health conditions
- Preventive care screenings such as wellness checkups, mammograms and Pap tests

### **More diabetes resources**

- [American Diabetes Association](#)
- [Children with DIABETES Online Community](#)
- [Diabetes Health](#)

### Sources:

\* American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

\* Diabetes Health [www.diabeteshealth.com/](http://www.diabeteshealth.com/)

\* American Heart Association Diabetes Subpage  
[http://www.heart.org/HEARTORG/Conditions/Diabetes/Diabetes\\_UCM\\_001091\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/Diabetes/Diabetes_UCM_001091_SubHomePage.jsp), accessed November 8, 2013.

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## Communicating with you is important

For people with disabilities or who speak a language other than English, we offer these services at no cost to you:

- Qualified sign language interpreters
- Written materials in large print, audio, electronic, and other formats
- Help from qualified interpreters in the language you speak
- Written materials in the language you speak

To get these services, call the Member Services number on your ID card. Or you can call our Member Advocate at **1-262-523-2424**.

Anthem Blue Cross and Blue Shield follows Federal civil rights laws. We don't discriminate against people because of their:

- Race
- National origin
- Disability
- Color
- Age
- Sex or gender identity

That means we won't exclude you or treat you differently because of these things.

### Your rights

Do you feel you didn't get these services or we discriminated against you for reasons listed above? If so, you can file a grievance (complaint). File by mail or phone:

Member Advocate

Phone: **1-262-523-2424**

N17 W 24340 Riverwood Drive

Waukesha, WI 53188

**Need help filing?** Call our Member Advocacy Manager at the number above. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights:

- **On the Web:** <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
- **By mail:** U.S. Department of Health and Human Services  
200 Independence Avenue  
SW Room 509F, HHH Building  
Washington, D.C. 20201
- **By phone:** **1-800-368-1019** (TTY/TDD **1-800-537-7697**)

For a complaint form, visit [www.hhs.gov/ocr/office/file/index.html](http://www.hhs.gov/ocr/office/file/index.html).



ATTENTION: If you speak English, language assistance services are available to you free of charge. Call 1-855-690-7800 (TTY: 711).

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas están disponibles sin cargo, llame al 1-855-690-7800 (TTY: 711).

CEEB TOOM: Yog koj hais lus Hmoob, kev pab rau lwm yam lus muaj rau koj dawb xwb. Hu 1-855-690-7800 (TTY: 711).

注意：如果您说中文，您可获得免费的语言协助服务。请致电 1-855-690-7800 (TTY 文字电话：711)。

DIGTOONI: Haddii aad ku hadasho afka Soomaaliha, adeegyada caawimada luqadda waxaa lagu heli karaa iyadoo bilaash ah. Wac 1-855-690-7800 (TTY: 711).

ໝາຍເຫດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານສາມາດໃຊ້ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໄດ້ໂດຍບໍ່ເສຍຄ່າ. ໂທ 1-855-690-7800 (TTY: 711).

ВНИМАНИЕ: Если Вы говорите по-русски, Вам будут бесплатно предоставлены услуги переводчика. Позвоните по номеру: 1-855-690-7800 (TTY: 711).

ကျေးဇူးပြု၍ နားဆင်ပါ - သင်သည် မြန်မာစကားပြောသူဖြစ်ပါက၊ သင့်အတွက် အခမဲ့ဖြင့် ဘာသာစကားကူညီရေး ဝန်ဆောင်မှုများ ရရှိနိုင်သည်။ 1-855-690-7800 (TTY: 711) တွင် ဖုန်းခေါ်ဆိုပါ။

تنبيه: إذا كنتم تتحدثون العربية، تتوفر لكم مساعدة لغوية مجانية. اتصلوا بالرقم 1-855-690-7800 (هاتف نصي: 711).

**PAŽNJA:** Ako govorite srpsko-hrvatski imate pravo na besplatnu jezičnu pomoć. Nazovite 1-855-690-7800 (telefon za gluhe: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos Sprachhilfsdienste zur Verfügung. Rufen Sie die folgende Nummer an: 1-855-690-7800 (TTY: 711).

주의: 한국어를 쓰시는 경우, 언어 지원 서비스가 무료로 제공됩니다. 1-855-690-7800 (TTY: 711) 번으로 연락해 주십시오.

**CHÚ Ý:** Nếu bạn nói tiếng Việt, thì có sẵn các dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Hãy gọi 1-855-690-7800 (TTY 711).

**GEB ACHT:** Wann du Pennsylvanisch Deutsch schwetzsch, Schprooch Hilfe Services sin meeglich mitaus Koscht. Ruff 1-855-690-7800 (TTY: 711)

**ATTENTION :** Si vous parlez français, les services d'assistance linguistique vous sont accessibles gratuitement. Appelez le numéro 1-855-690-7800 (TTY : 711).

**UWAGA:** Jeśli mówisz po polsku, usługi wsparcia językowego są dostępne dla Ciebie bezpłatnie. Zadzwoń pod numer 1-855-690-7800 (TTY: 711).