

COM

Voice Meter User's Manual



Dear Owners,

Thanks for choosing Ecom Voice Meter!

Congratulations on your decision to take control of your diabetes. The device is designed to quantitatively measure your blood glucose (sugar) level with comfort and convenience -- to help make living with diabetes a little easier.

This user's manual will help you get the most from your Ecom Voice Meter.

To start testing quickly, you can also refer to the quick reference guide.

Thanks again for choosing Ecom Voice Meter !

Before starting the test

- Please read the manual about your meter and the test strips carefully and follow the instructions in order to prevent the wrong result and improper treatment .
- If you have any questions regarding this product , please contact the place of purchase or call the local customer service.
- The capillary whole blood can be obtained from fingertip and approved alternative site-AST (forearm , upper arm or hand).
- It is convenient and vital for you to keeping track of day-to-day blood glucose levels at home. And avoid blood glucose highs and lows.

IVD

This device is an in vitro diagnostic medical device.

Do not use the meter for diagnosing diabetes.



Do not change the treatment based on a single result which doesn't match how you feel or if you believe your test result is incorrect.

- If the test result does not match how you feel and you have followed the instruction in the manual , please consult your doctor.
- The severe dehydration or water lost might cause the false result .
- Please talk to your doctor if you are sure to have water loss.
- Please do not take a measurement near the mobile or the microwave oven , or it might lead to the incorrect result.
- If the meter is used to test multiple users, the meter must be cleaned and disinfected after use on each user.
- Run a control test when you open a new box of test strips or if you think that your test result is incorrect. Running a control test lets you know that the meter and test strips are working properly.

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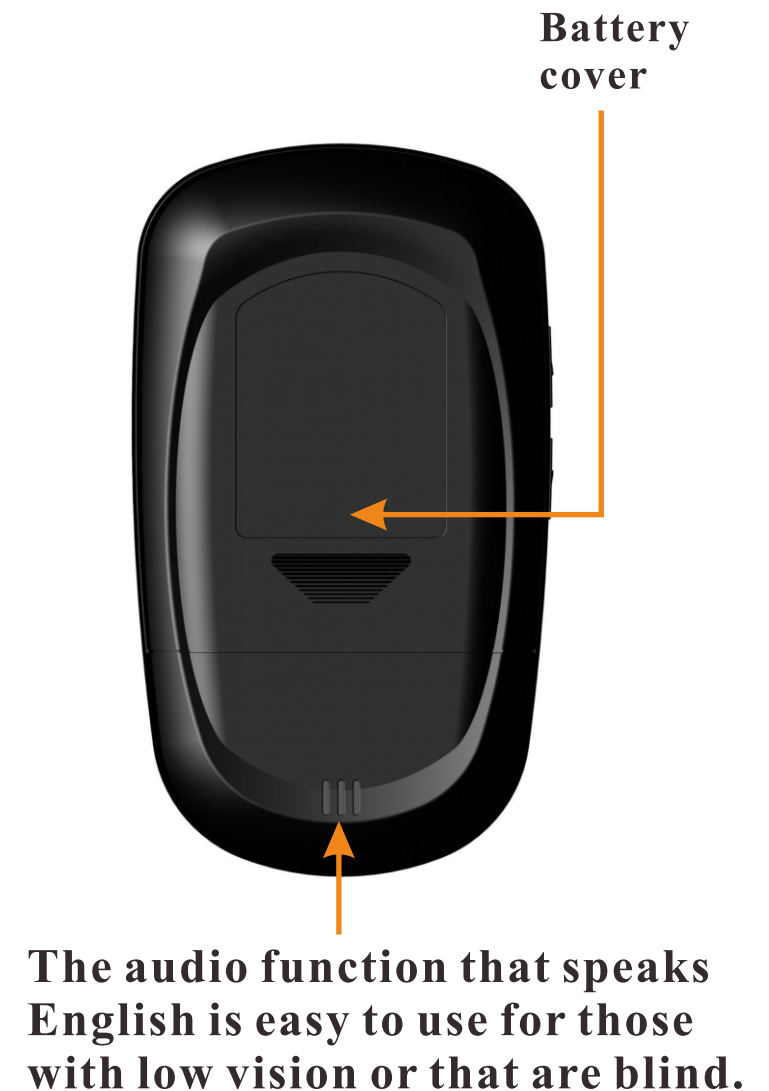
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Know your meter Anterior view



Know your meter Posterior view



Know your meter Side view



USB Data interface port design that allows for computer download.

Thin and Streamline shape (25.6 mm thick)

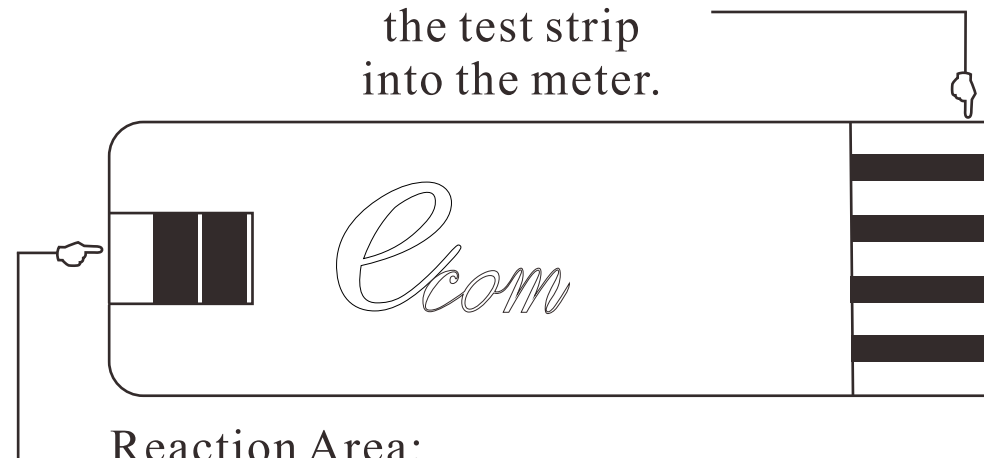


Side buttons facilitate easy for volume adjusting.



Test Strip

Insert this end of the test strip into the meter.



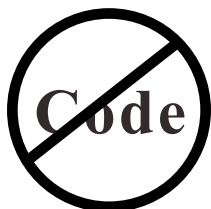
Reaction Area:
Touch a blood drop or control solution here.

Note

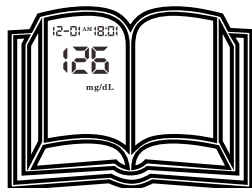
1. The Ecom Voice Meter should only be used with Ecom Voice test strips. Using other test strips with this meter can produce inaccurate results.
2. The front side of the test strip should face up when inserting the test strip.
3. The strips are for single use only, please do not reuse or use the used strip and repeat the test.
4. The strips use a GOD enzyme which is unaffected by the certain substances, like maltose or icodextrin, and minimizes the potential for other interference that could cause false results.



Features



- The meter does not require test strip coding .

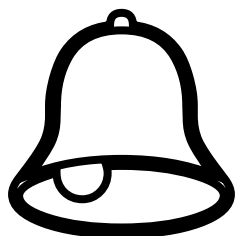


- It can take a 7, 14, 28 day average and can store up to 500 test readings.



- In addition to the other features allows for alternative site testing (forearm , upper arm or hand).

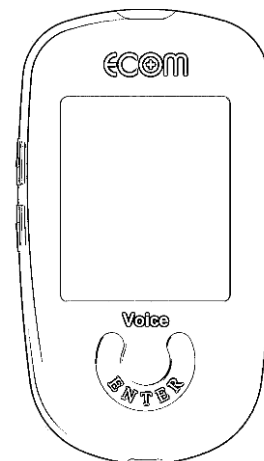
- Fast and accurate results interprets within 6 seconds.



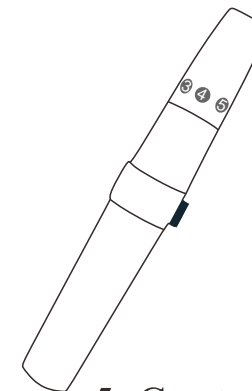
- 4 Daily programmable alarms setting.

Product & Accessories

1. Glucose meter x 1



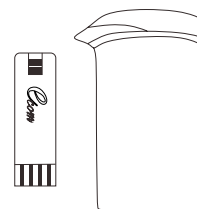
3 .Lancet device
x 1



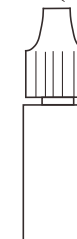
4 .Lancets
x 10



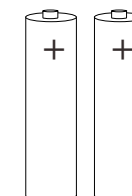
2. Test Strip box
(Test Strip X 10)



5 .Control Solution
vial X 1 (Optional)



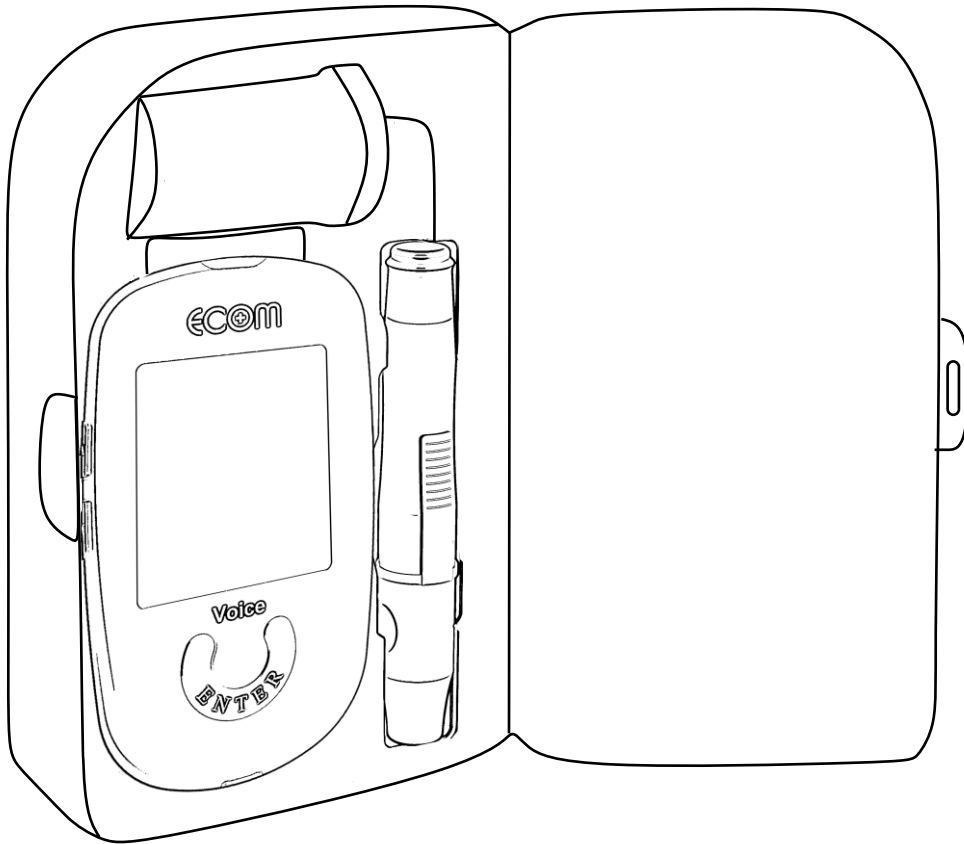
6. 2 X 1.5V AAA
Alkaline Battery



Please purchase a extra strip box from our distributor, just in case of running out of the strips .

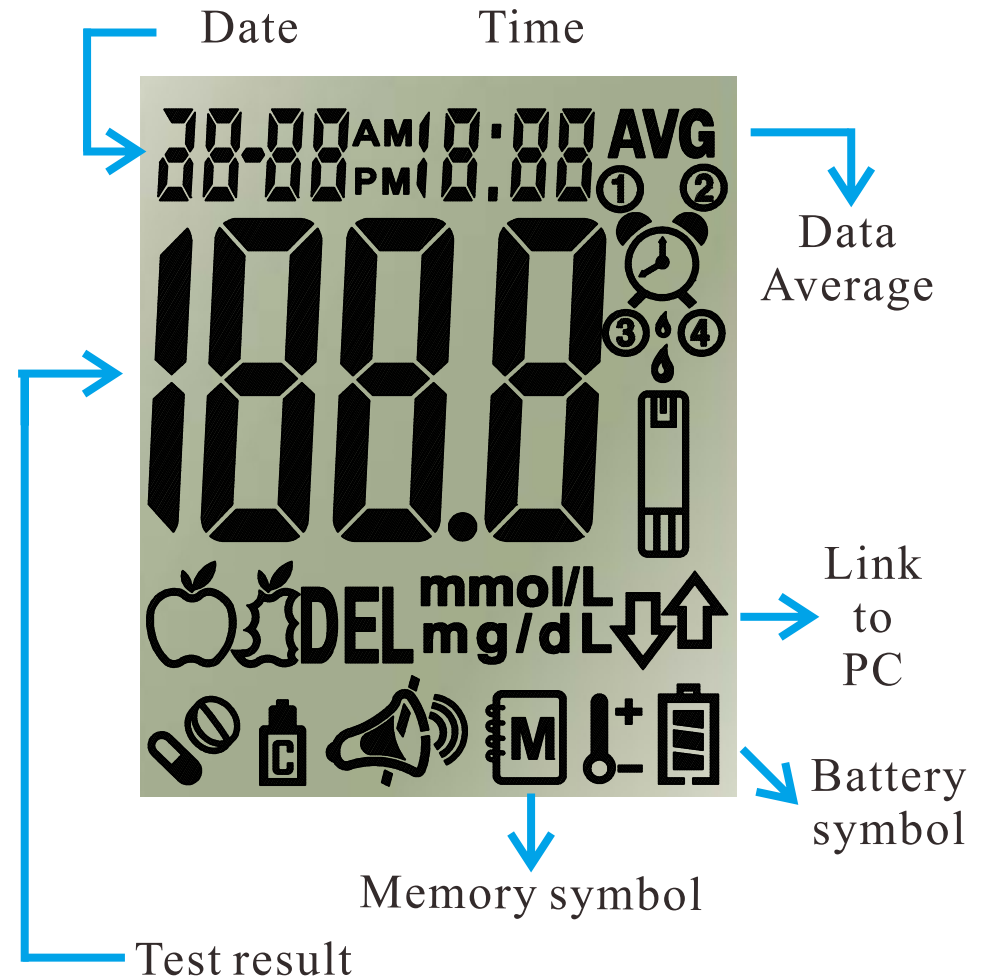
Product & Accessories

Collecting Box x 1



1. The collecting box design helps the user pack all accessories easily.
2. Strong cover offers the protection from physical impact.

LCD Display



Explanation of LCD Display

DEL

Data delete



Alarms setting



Pre-meal testing



Post-meal testing



Take medicine



Control solution mode



Voice volume



Please insert the test strip



Please apply blood to the strip



The temperature is out of range

Measurement Unit

mmol/L Millimole per Liter

mg/dL Milligram per Deciliter

Battery installation

- This meter has been installed 2 x1.5V AAA Alkaline batteries.
- Please do not use the defective or the expired battery or mix the old and the new batteries from different brand, it might lead to cause false result.

LCD Symbol: Battery power



Full power battery symbol appears only one time on the display when turning on the meter.

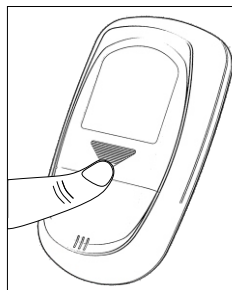


When low power symbol flashes on the display, it reminds the user that there are 20 times usages and can prepare the battery in advance.

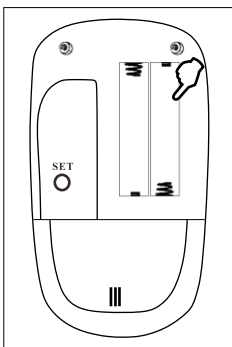
Battery installation

Before replacing the batteries , please turn the meter off.

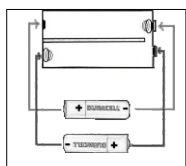
1.Press the battery cover and push forward with your thumb slightly .



2.Remove the battery cover.



3.Replace the old batteries with the new ones and match the polarities.



Note

- 1.Change the battery would not influence the memory (the test results stored in the meter) but you have to reset the time and date.
- 2.After installing the new batteries , it is possible that "SAV " symbol appears on the display which means the meter is saving memory for average . Please do not remove the battery and wait for 20-30 seconds before starting using the meter.

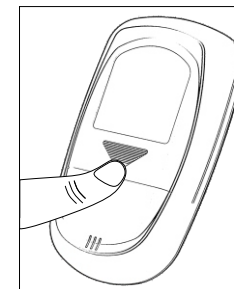


First time use Setting: S1 & S2 mode

Your meter comes with a present time ,date and measurement unit.

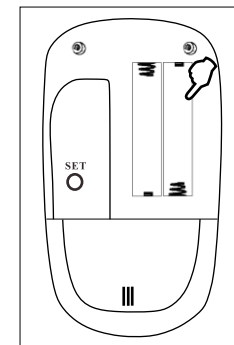
Please follow the below steps to change the parameters .

- 1.Remove the battery cover.
- 2.Press "S" to turn the meter on (no test strip inserted).



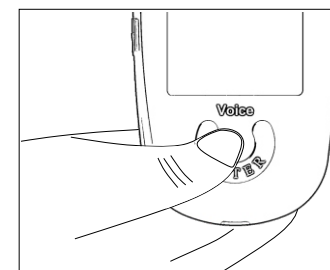
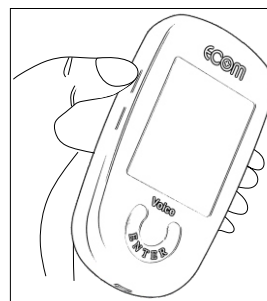
Your Ecom meter is on, please wait.

Setting Mode



3.Press ▲ or ▼ to enter the S1 or S2 mode.

4.Press "Enter" to enter the S1 mode.



S1 mode

Set the date and time

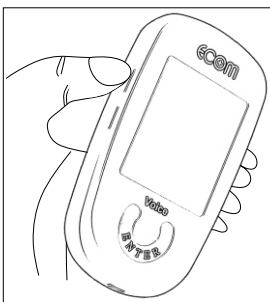
1. The year flashes on the display.



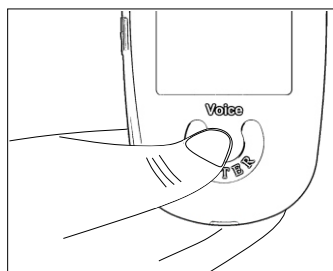
2. Set the year:

Press ▲ or ▼
to decrease or increase
the year.

3. Press "Enter" when reaching
the correct year.
The month flashes.



4. Repeat the same steps to set
the month, date, hour and
minute or
press "S" to exit the
setting mode.



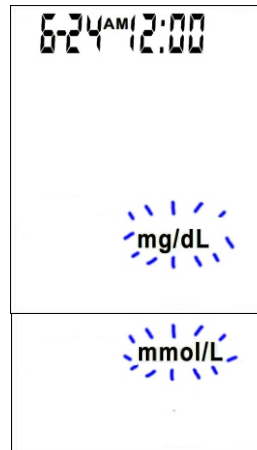
Note

The hour format is the
12-hour time.

S1 mode

Set the measurement unit

1. The measurement unit flashes.

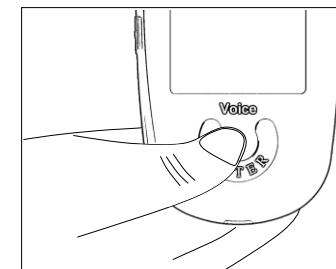
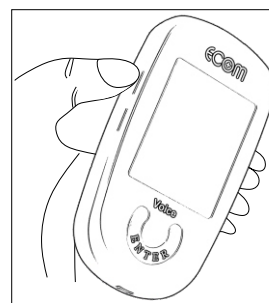


2. Set the measurement unit:

Press ▲ or ▼ to select
the unit :mg/dL or mmol/L.

3. Press "Enter" when
reaching the appropriate unit.

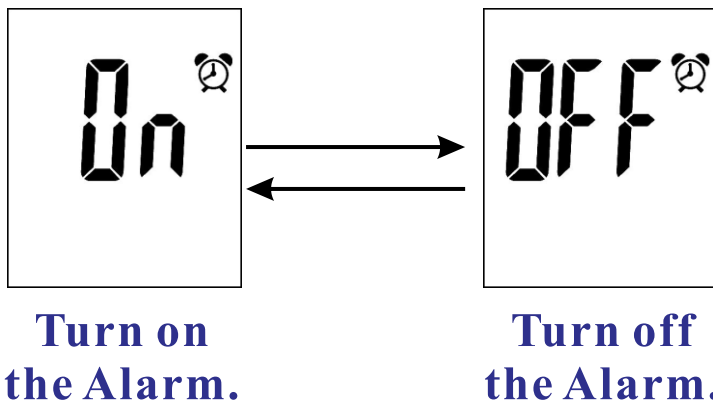
4. Press "Enter" again to
turn off the meter or
wait one minute
until turn off automatically .
The settings are still saved.



S2 mode Set the reminder alarm

Ecom Voice Meter provides four user setting reminder alarms for worry free testing.

1. After entering S2 mode ,press ▲ or ▼ and Alarm On(Default)and OFF appears on the display.

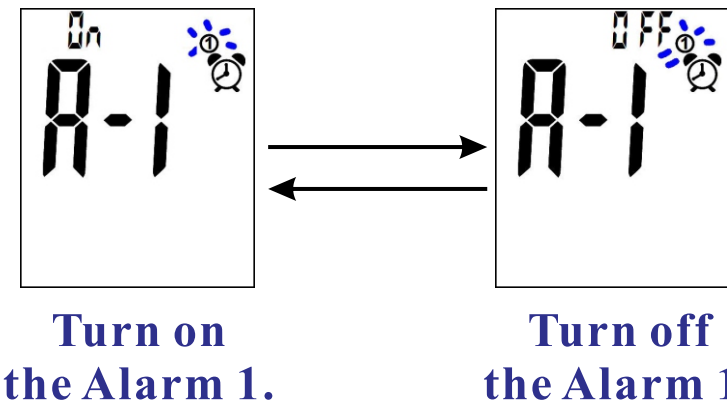


Note

If you want to skip the alarm setting , please select OFF and press "Enter".

S2 mode Set the reminder alarm

2. Select On and press "Enter", Alarm 1 On (Default) appears on the display, press ▲ or ▼ and Alarm OFF and Alarm On appear on the display consecutively.

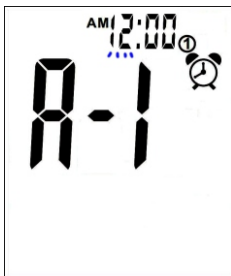


Note

Select OFF and press "Enter" enables you to enter A-2 alarm setting directly.

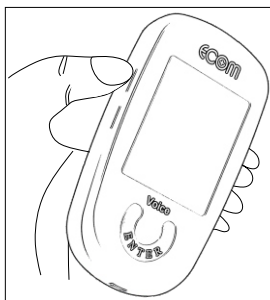
S2 mode Set the reminder alarm

3. Select On and press "Enter".
The hour of the first alarm flashes on the display .



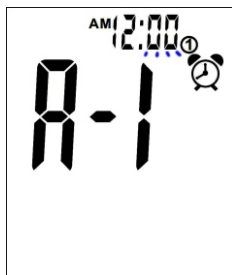
4. Press ▲ or ▼ to increase or decrease the hour.

5. Press "Enter" when reaching the appropriate hour. The minute flashes.



6. The minute of the first alarm flashes on the display .

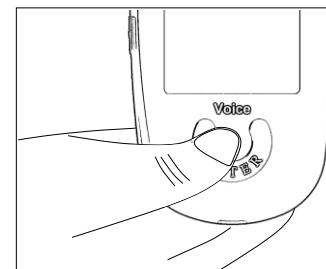
7. Press ▲ or ▼ to increase or decrease the minute.



S2 mode Set the reminder alarm

8. Press "Enter" when reaching the appropriate minute.

9. Repeat the same steps to set the rest three alarms or press "Enter" to turn off the meter.

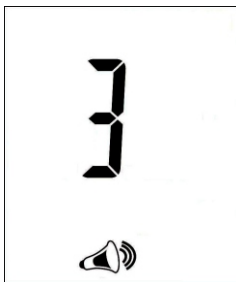
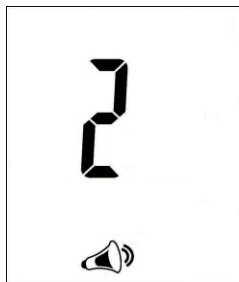
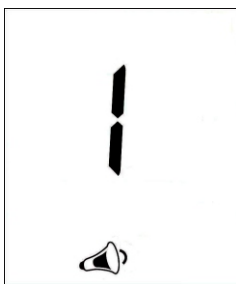
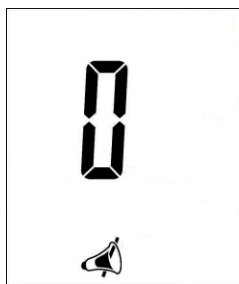
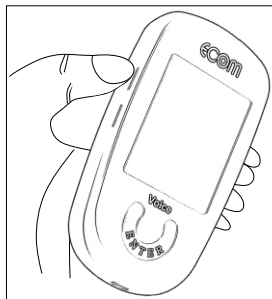


Note

The meter turns off automatically after one minute of non use . When it happens, setting results are still saved in memory.

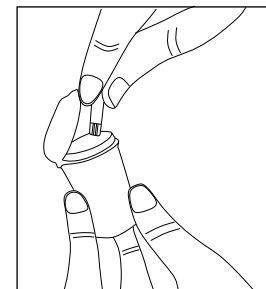
Adjust the volume

As the meter has been turned on:
Press ▲ or ▼
to increase or decrease
the volume.



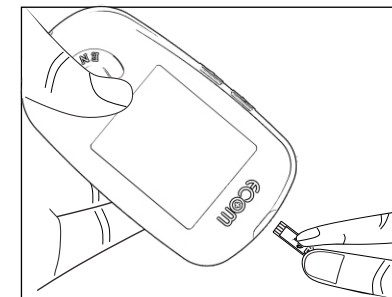
Preparing the Test Strip

1. Wash hands with soap and warm water.
Rinse and dry thoroughly.



2. Pull out a test strip from
the box and
**must re-cap the box
immediately.**

3. Insert the test strip, the
front side of the test strip
face up, into the test port.
The meter will
automatically turn on.

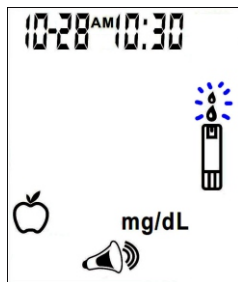


4. A beep will sound, and a clockwise moving
dotted lines will appear.

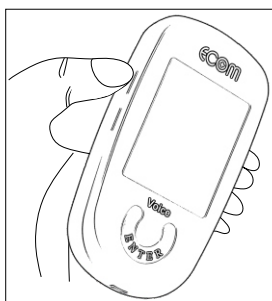
Note
If you press "Enter" to turn on the meter ,
the meter will speak "**Please insert the strip.**"

After inserting the Strip

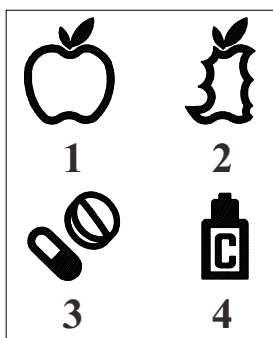
1. After inserting the test strip, the blood drop symbol flashes on the display.
2. If you want to measure the pre-meal blood glucose, please refer to P.27 directly for the specific instruction.



3. Or you can mark the state of the test result before placing a drop of blood or control solution on the strip within one sec.



4. Press ▲ or ▼ to state the result.

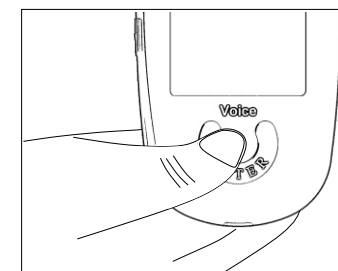


After inserting the Strip

There are four symbols for you to choose from:

1. Pre-meal(Default):
The apple symbol is used to mark a result as Pre-meal.
2. Post-meal:
The apple core symbol is used to mark a result as Post-meal.
3. Take medicine:
The drug/pill symbol is used to mark a result as after taking medication or after insulin.
4. Control Solution mode:
The control solution vial symbol is used to mark a result as Control solution mode.
The control solution test results will be excluded from memory.

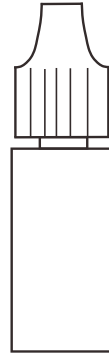
5. Press "Enter" when reaching the correct state.



About the Control solution

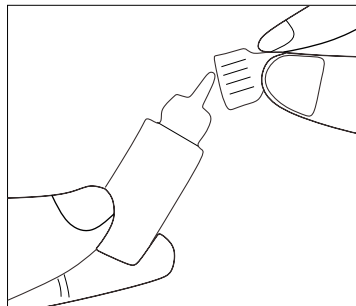
Using the control solution test when:

- Beginning using the new strips with the new lot number.
- One routine test every week.
- When you feel the test result does not match how you feel or you think the result is wrong .
- After falling the meter to the ground or hitting by hard substance.



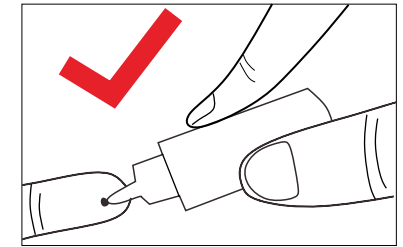
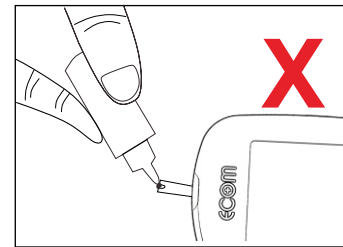
Running a control solution test

1. Please refer to P.21 for the instruction of how to confirm the test result as Control solution state.
2. Open the vial cover and press the vial.
3. Wipe the first drop and clean the open.

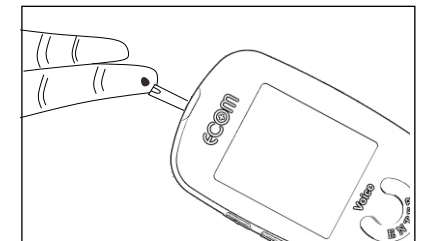


Running a control solution test

- DO NOT apply Control Solution to the test strip directly from the vial, such operation could be leaded to contamination and decrease the concentration of Control Solution.
- You MUST place a drop of Control Solution on a clean surface first to perform the Test.

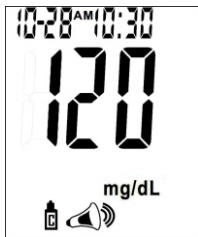



4. Press the vial again , take the second drop to your finger for testing.
5. Put the drop of control solution to the Reaction Area on the strip.
6. The liquid will be sucked to the Reaction Area automatically.



Running a control solution test

7. A beep will sound and start 6 seconds count down.
8. The result will appear on the display .
9. Compare the result if it is in the range of the meter.
10. If it is out of the range , please refer to P46:Guidance for error condition.

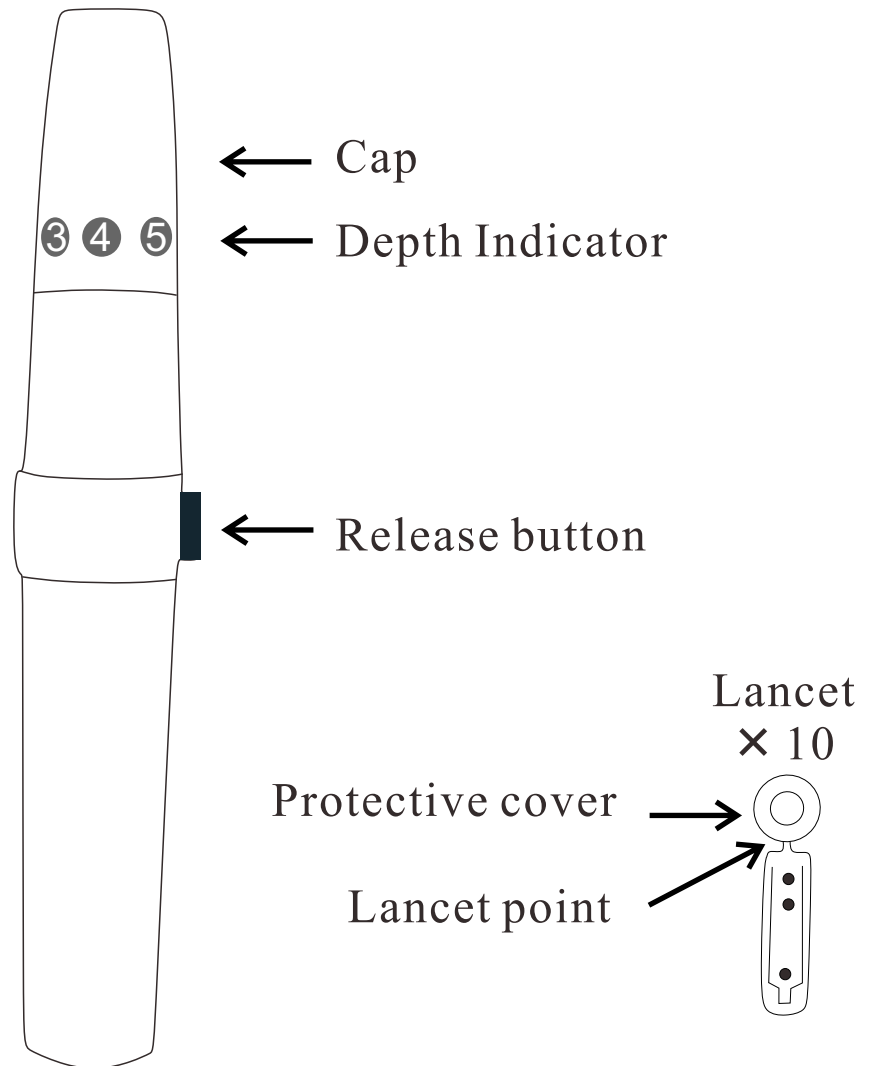


 Your blood glucose is 120 mg/dL.

Note

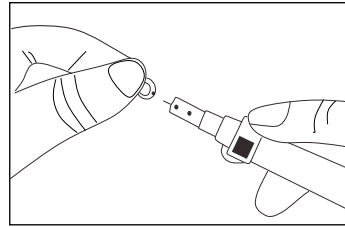
1. Do not use the control solution from the different manufacturer or the expired one.
2. Please do not get the dust or dirt at the open of the control solution.
3. After taking out the control solution , please use the wipe to clean the open then recap.
4. Please keep the control solution under 30°C, do not freeze.
5. The control solution can be used for 3 months after first opening the vial.
6. Directly apply the control solution to the test strip, may cause low testing results. Please use new control solution and test again.

Lancet device

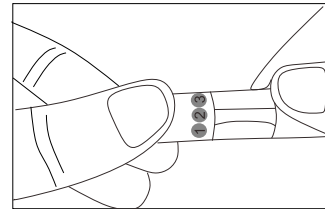


Steps of testing your blood glucose

1. Insert the lancet and remove the cap of the lancet device.



2. Twist the protective cover of the lancet, snap the cap back on.



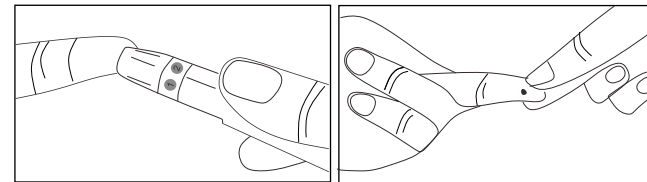
3. Set the lancet depth, for the tougher skin, dial a higher number.

Depth of lancet device

- 1-2: For children and adolescent, thick skin with no corns.
- 3-4: For women and mid-aged people or the elderly.
- 5: Thick skin with corns, for mid-aged people or the elderly.

Steps of testing your blood glucose

1. Wash your hands with soap and warm water. Then rinse and dry thoroughly.
2. Massage the puncture site.
3. Using lancet device firmly on the side of the fingertip to get a drop of blood.
4. Press the button on the lancet device. The blood has been taking as you hear a click sound.
5. Gently squeeze or massage your finger until drop of blood forms.



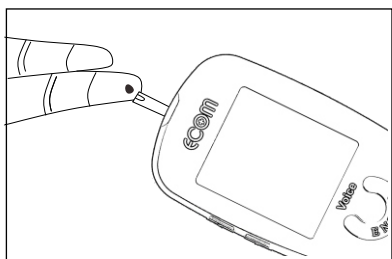
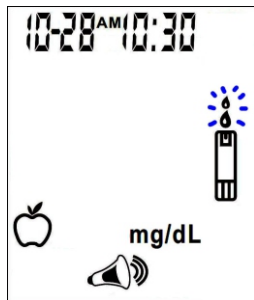
Note

- The user must wash hands thoroughly with soap and water after handling the meter, lancet device or test strips.
- The lancets can not to be re-used or used more than one person to increase the infection risk.
- Don't use Povidone Iodine Solution or any organic solvent for cleaning!
- Wait until hands dry completely!

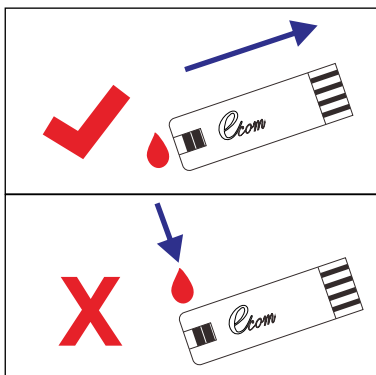


Steps of testing your blood glucose

1. Inserting the test strip.
2. Two drops of blood symbol appears on the display then applying your blood drop to the tip of the Reaction Area of the test strip in one minute .



 Please apply blood to the strip.




Note
Touch the blood drop to the tip of the Reaction Area of the test strip .

Do not put blood on top of the test strip.

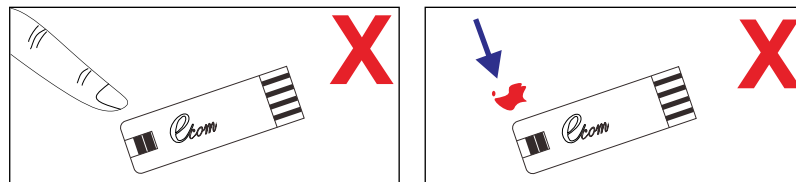
Steps of testing your blood glucose

1. After dropping the blood , you will hear beep sound while starting 6 seconds count down at the same time.
2. The result will appear on the display, auto-saving in memory.



 Your blood glucose is 120 mg/dL.

Note
Please do not press on the strip by your finger or use the smearing blood sample .



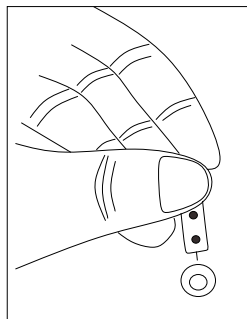
Removing the used lancet

Note

- It is important to dispose the used lancet carefully after each use to minimize the risk of transmitting bloodborne pathogens .
- Please follow your local regulations or ask your doctor for recommended methods of lancet disposal.



- 1.Remove the lancet from the lancet device carefully.
- 2.Place the lancet cover on a hard surface. Push the lancet point into the cover.
- 3.Place the lancet cover back on the exposed lancet point.



- 4.Discard the used lancet and test strip.

Warning message

Note:Never make treatment decisions based on an single result , if you have any concerns , please contact your distributor.

Screen Display	Cause	Correction
	Blood sugar is lower than 20 mg/dL (1.1mmol/L).	<ol style="list-style-type: none"> 1.Run a control solution test and restart the test. 2.If the result of control solution test is in normal range ,please test again.
	Blood sugar is higher than 600 mg/dL (33.3mmol/L).	
Ketone warning	The test result flashes three times on the display if your result is equal or higher than 240 mg/dL (13.3 mmol/L).	

AST Alternate Site testing

- Blood samples for glucose testing may be taken from sites other than your fingertips.
- Alternative site testing means that people use blood from the forearm , upper arm or hand to test blood glucose.



- Please consult your doctor to determine if alternative site testing is right for you.
- Select a soft, fleshy area of skin that is free from hair, moles and visible veins for alternative site testing.
- Avoid lancing areas with obvious veins or moles to avoid excess bleeding or where tendons or bones stick out (for example, hand bones and ankle bones).

AST Alternate Site testing

Note

It is strongly recommend that do AST ONLY in the following intervals

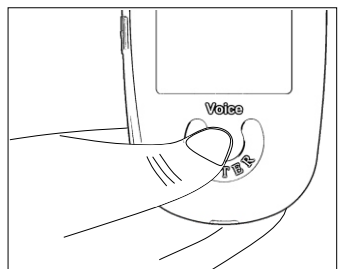
- In a pre-meal or fasting state (more than 2 hours since the last meal).
- Two hours or more after taking insulin.
- Two hours or more after exercise.

Do Not do AST

- You think your blood glucose is low.
- You are unaware of hypoglycemia.
- Your AST results do not match how you feel.
- You are testing for hyperglycemia.
- Your routine glucose results are often fluctuating.
- If you are pregnant.

Delete the test result

Your result appears on the display.
If you want to delete it , press and hold "Enter"
for 3 seconds , Del symbol appears on the
display and this data will be deleted .



Your data has been deleted.

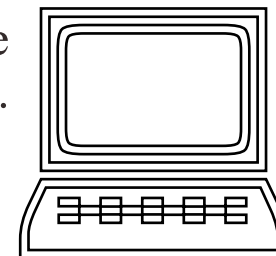
Note

If you do not want to delete this data .
All you do is remove the strip and the meter
will shut down automatically.

Transfer data

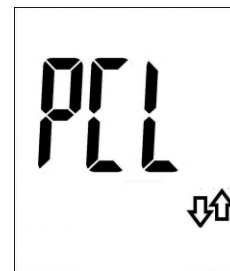
Review the results from the computer.
It allows transfer the test results
to your personal computer .

Just connect the meter port to the
PC by USB cable with meter off .



PC Mode

The "PCL " appears on the display
automatically which means it is
starting to transfer the result to the computer .



Data is uploading, please wait.

Note

- You will not be able to perform a blood glucose test during the transfer.
- Do not disconnect while data transferring.
- To make the most of the download feature, you must set the time and date in the meter correctly.

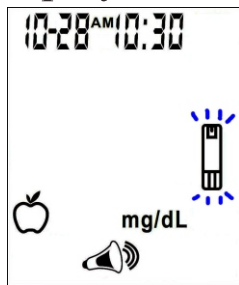
Review memory

The meter can store up to 500 test results.

Enter the memory mode

1. Press "Enter" with the meter off.

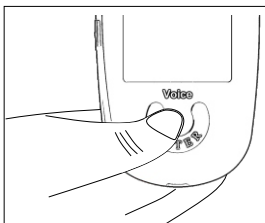
The strip symbol flashes on the display.



Please insert the strip.

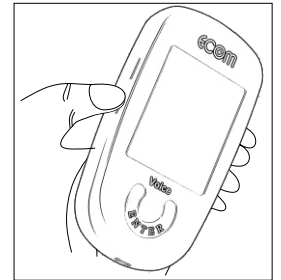
If you would like to test your blood glucose, please insert the strip and refer to P27 of the Steps of testing your blood glucose.

2. Press "Enter" again to enter the memory mode.

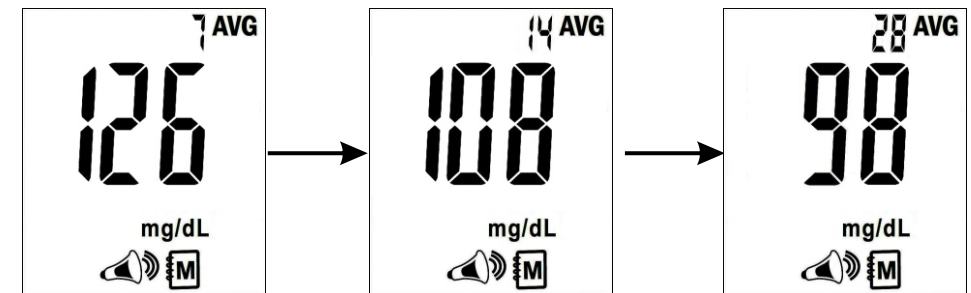


Review memory

3. The first result appears on the display is the 7 days average of the test results.



4. Press ▼ continually, the consecutive 14/28-days average results will be shown on display in order.

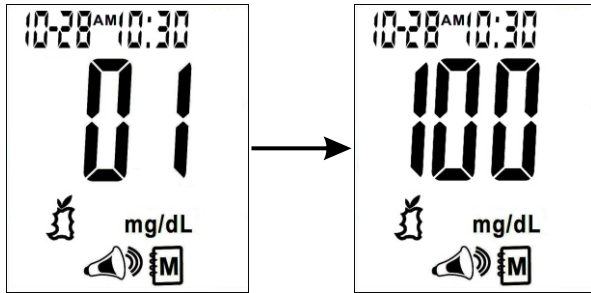


Note

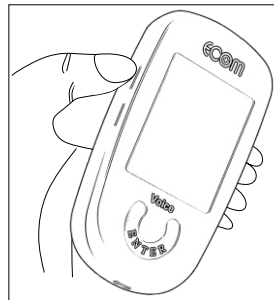
The consecutive 7/14/28-day average is calculated from the blood glucose results obtained during the last consecutive 7/14/28-day.

Review memory

1. When "01" appears on the display, the value of the first result will appear later automatically.
2. "01" means the most recent result with the result appears on the display .



3. You can press ▼ or ▲ to scroll forward or backward through the results.



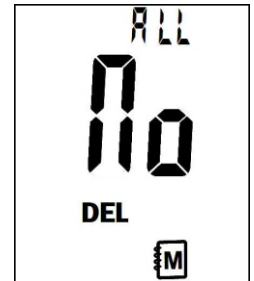
Press ▼ or ▲ more than 3 seconds can scroll the data faster.

Note

You will not be able to perform a blood glucose test in memory mode.

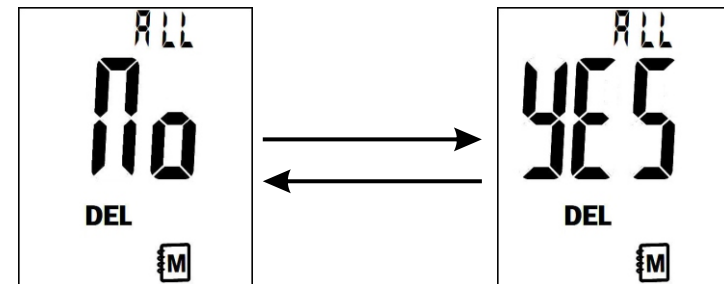
Review memory

4. Once 500 results are in memory , the latest data will replace the oldest one .
5. You can press "Enter" to leave the memory mode . Or press ▼ and "No ALL" appears on the display.



Delete all results

1. Remove the battery cover and press "S" , the consecutive "No ALL" (Default) and "YES ALL" appear on display in order.



Do not delete all results.

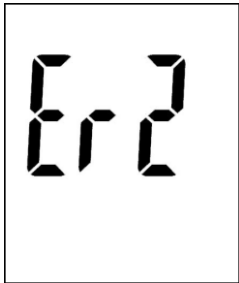
Delete all results.

2. After selecting "No ALL" or "YES ALL" , press "Enter" and all results will not/be deleted.

Trouble shooting tips

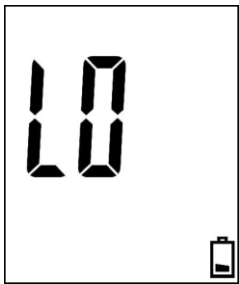
Note: Never make treatment decisions based on an error message, if you have any concerns, please contact your distributor.

Screen Display	Cause	Correction
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Meter internal check error.

Please contact your local distributor.



Low battery.

Change the battery.

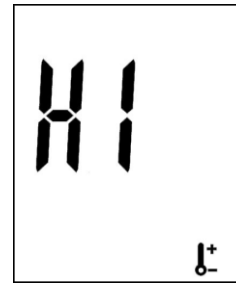
Please refer to P.10

Low battery, please change it.

Trouble shooting tips

Note: Never make treatment decisions based on an error message, if you have any concerns, please contact your distributor.

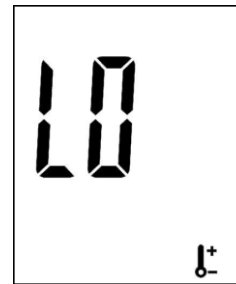
Screen Display	Cause	Correction
----------------	-------	------------



Operating temperature is above 40°C.

Please operate the meter in the appropriate

temperature :10-40°C (50~104°F).



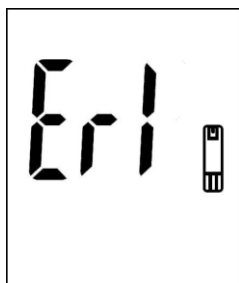
Operating temperature is below 10°C.

The operating temperature is out of range, please wait.

Trouble shooting tips

Note: Never make treatment decisions based on an error message, if you have any concerns, please contact your distributor.

Screen Display	Cause	Correction
----------------	-------	------------



Used strip.

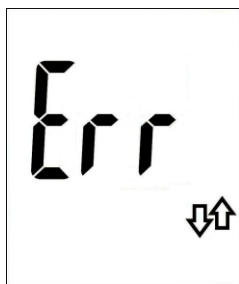
Damaged or used strip, please discard it and test again.



Please refer to P.20



Damaged or used strip, please discard it.



1. USB disconnection.
2. Move the meter or the USB cable during the transfer.

Try again. If the same issue occurs. Please ask for help from the local distributors.



Transfer Fail, please try again.

Guidance for error condition

Note: Never make treatment decisions based on an error message, if you have any concerns, please contact your distributor.

Error Condition	Cause	Correction
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Low battery.

Replace the batteries.

Wrong Batteries polarities.

Check the battery installation.

After inserting the strip, the display is blank.



Please refer to P.10

Strip is inserted by the wrong direction.

Check the direction of the strip.




Please refer to P.20

Malfunctioning meter.

Contact the distributor.


Guidance for error condition

Note: Never make treatment decisions based on an error message, if you have any concerns, please contact your distributor.

Error Condition	Cause	Correction
After dropping the blood or the liquid of the control solution to the strip, the meter does not work.	Not enough blood.	Discard the test strip and test again.
	Defective strip.	
 Please refer to P.20		
	Malfunctioning meter.	Contact the distributor.

Guidance for error condition

Note: Never make treatment decisions based on an error message, if you have any concerns, please contact your distributor.

Error Condition	Cause	Correction
The test of control solution is above or below the range.	The temperature of storing the control solution is too low or high.	Put the control solution at room temperature.
		Do not freeze in a refrigerator.
 Please refer to P.23		
	The control solution is expired or damaged.	Discard it and use a new one. Test again.

Cleaning and Disinfection

- Never immerse the meter or any component in water or get any moisture in the test strip slot.
- Do not get wet at the computer port.
- Make sure the meter is off.

1. Wipe the meter with a soft cloth slightly dampened (wiping out any excess liquid) and use one of the cleaning solutions below :

- Super Sani-Cloth
- 70% Rubbing alcohol
- Mild dishwashing liquid with water
- 10% bleach solution

(make a dilution of 1 part bleach to 9 parts water) or obtain equivalent (0.525% sodium hypochlorite) wipes.

Note

Do not use vinegar or scouring agents to clean the meter because they can harm the display and measurement window.

2. Wipe the meter dry with a soft cloth.

Maintenance


- Please store the system in a safe and dry location.
- Avoid long-term sun exposure.
- Avoid subjecting the meter to strong shocks, such as dropping the unit on the floor.
- If the meter will not be used for at least three months, please remove the batteries and replace all batteries with new ones at the same time.

Cleaning the lancet device

- Never place the entire system under water.
- Use a mild dishwashing liquid and a soft cloth and disinfect the cap after cleaning by placing it in 10% bleach solution (make a dilution of 1 part bleach to 9 parts water) or 70% alcohol (isopropyl) for 5 minutes at least once a week.
- Allow the cap to air-dry after disinfecting.

Storage the strips

- The expiration time of a strip box is a year .
- Once you open it , the expired time is 90 days.
- It is recommended to write the date when you open the box.
- Please do not use the strip past the expired date which may lead to the wrong result .
- A dry agent is included in the strip box.
- Please keep the strips and the box away from the children ,prevent them from eating .
- Storage Circumstance :


 4°C(40°F) — 30°C(86°F) ;Rh≤85%.

- Please store the strip box in a safe and dry location, and avoid long-term sun exposure.
- Do not store the strips outside the box.
- Do not store the strip in the other box.
- Please do not touch the strip by a wet hand.
- Once you take the strip from the box , please use it ASAP.
And re-cap the box immediately.
- Please do not bend or cut the strip..

Product specification

Name	Ecom Voice Meter
Model	H1A01
Battery	2 x1.5V AAA Alkaline Battery
Battery life	Approximately 1000 tests
Dimension & Weight	110x62x25.6mm & 88.5g(with batteries)
Measurement range	20 mg/dL and 600 mg/dL
Operating temperature	10~40°C(50~104°F)
Storage temperature	-20~60°C(-4~140°F)
Operating Humidity	15% to 85% RH
Storage Humidity	15% to 95% RH
Test time	6 seconds
Average	7/14/28 days average results
Hematocrit	20%-60%
Sample volume	0.7 ul
Test sample	Capillary whole blood

Technical information

This meter has been tested to meet the electrical and safety requirement of IEC 61010-1, IEC/EN 61010-2-101, EN 61326-1, IEC/EN 61326-2-2.

The performance data for the Ecom Voice Meter (with Ecom Voice test strips) were obtained using capillary blood from diabetic patients (method comparison, accuracy), venous blood (repeatability) and control solution (reproducibility).

The system is calibrated with venous blood containing various levels of glucose. The meter meets the EN ISO 15197 requirements.

Measuring Principle

Your system measures the amount of sugar (glucose) in whole blood or plasma blood.

The glucose testing is based on the measurement of electrical current generated by the reaction of glucose with the reagent of the strip.

The meter measures the current, calculates the blood glucose level, and displays the result.

The strength of the current produced by the reaction depends on the amount of glucose in the blood sample.

EU Authorized Representative:
GIC Medical U.K.



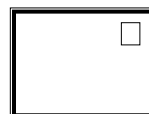
Unit 28 Kingspark Business Centre,
152-178 Kingston Road,
New Malden, Surrey, KT3 3ST U.K.
Tel: 44-20-8605-0205 Fax: 44-20-8715-6602

Customer Service

If you have any questions or concerns regarding this product or the product issues which can't be solved through trouble shooting tips, please do not assemble by yourself and contact us for assistance.



Customer service line:
+886-2-2691-7605



EMAIL:
info@comimed.com



Manufactured by
COMIMED BIOMEDICAL CO., LTD.
13F.-1, No.37, Sec. 2, Sanmin Rd.,
Banqiao Dist., New Taipei City
220, Taiwan (R.O.C.)



Warranty Card

Thank you for purchasing this Ecom product. Please retain it with great care, the warranty card can not be re-issued.

Product name: Ecom Voice Meter

Customer name:

Tel:

Address:

Distributor's name:

Signature:

Date of purchase:

Comimed Biomedical offers the lifetime warranty to the original purchaser of the product that your meter will be free to be repaired from the defects in materials and workmanship.

The warranty does not apply to the below performance.

- The system has been damaged by accident like earthquake or fire.
- The system has been altered, misused, tampered with or abused in any way.

Logbook

Log date from: _____ to: _____.

This logbook will help you keep accurate records of your blood glucose results, so that you can manage your diabetes more easily.

Name _____

Address _____

City _____

State _____ Zip _____

Tel(H) _____

Tel(O) _____

Doctor's Name _____

Tel _____

Diabetes Educator's Name _____

Tel _____

In Case of Emergency, Notify (Name)

Tel(H) _____

Tel(O) _____

American Diabetes Association

Recommended target ranges:

Before meals: 80-120 mg/dL (4.4-6.7 mmol/L)

**2 hours after meals: <180 mg/dL
(<10 mmol/L)**

At bedtime: 100-140 mg/dL (5.6-7.8 mmol/L)

My target blood glucose range:

Before meals From: _____ To: _____

2 hours after meals From: _____ To: _____

Month:

	Breakfast			Lunch			Dinner			Bedtime		Night		Comments	
	before	insulin	after	before	insulin	after	before	insulin	after	Time	insulin	Time	blood glucose		
Day	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Diet, Exercise, Ketones, stress, feelings, general health.
Date															
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Avg															

Month:

	Breakfast			Lunch			Dinner			Bedtime		Night		Comments	
	before	insulin	after	before	insulin	after	before	insulin	after	Time	insulin	Time	blood glucose		
Day	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Diet, Exercise, Ketones, stress, feelings, general health.
Date															
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Avg															

Month:

	Breakfast			Lunch			Dinner			Bedtime		Night		Comments	
	before	insulin	after	before	insulin	after	before	insulin	after	Time	insulin	Time	blood glucose		
Day	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Diet, Exercise, Ketones, stress, feelings, general health.
Date															
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Avg															

Month:

	Breakfast			Lunch			Dinner			Bedtime		Night		Comments	
	before	insulin	after	before	insulin	after	before	insulin	after	Time	insulin	Time	blood glucose		
Day	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Diet, Exercise, Ketones, stress, feelings, general health.
Date															
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Avg															

Month:

	Breakfast			Lunch			Dinner			Bedtime		Night		Comments	
	before	insulin	after	before	insulin	after	before	insulin	after	Time	insulin	Time	blood glucose		
Day	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Diet, Exercise, Ketones, stress, feelings, general health.
Date															
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Avg															

Month:

	Breakfast			Lunch			Dinner			Bedtime		Night		Comments	
	before	insulin	after	before	insulin	after	before	insulin	after	Time	insulin	Time	blood glucose		
Day	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Diet, Exercise, Ketones, stress, feelings, general health.
Date															
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Avg															

Month:

	Breakfast			Lunch			Dinner			Bedtime		Night		Comments	
	before	insulin	after	before	insulin	after	before	insulin	after	Time	insulin	Time	blood glucose		
Day	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Diet, Exercise, Ketones, stress, feelings, general health.
Date															
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Avg															

Month:

	Breakfast			Lunch			Dinner			Bedtime		Night		Comments	
	before	insulin	after	before	insulin	after	before	insulin	after	Time	insulin	Time	blood glucose		
Day	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Time	blood glucose	Diet, Exercise, Ketones, stress, feelings, general health.
Date															
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