

HOW TO TEST YOUR BLOOD SUGAR LEVELS

A Step-by-Step Guide

1. PREPARE YOUR SUPPLIES & WASH YOUR HANDS

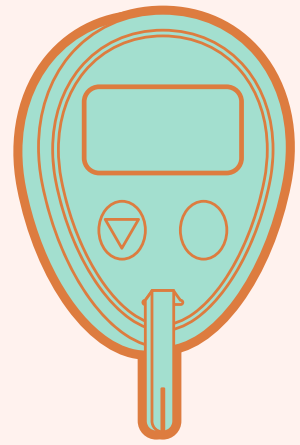
ITEMS NEEDED

- Glucometer
- Test Strips
- Lancing device

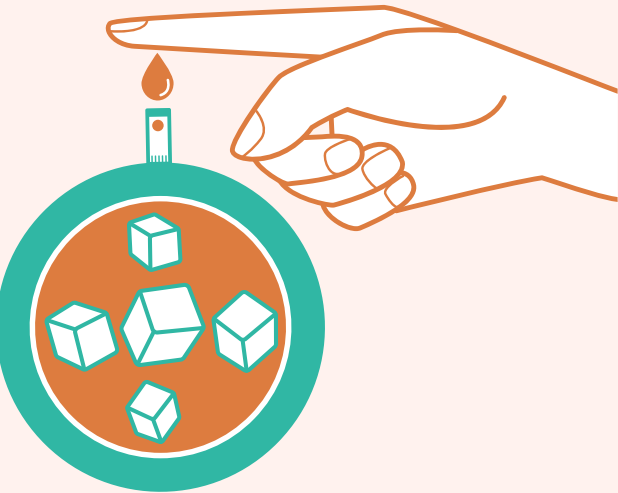


2. TURN ON GLUCOMETER

- Insert test strips at the end of the glucometer.

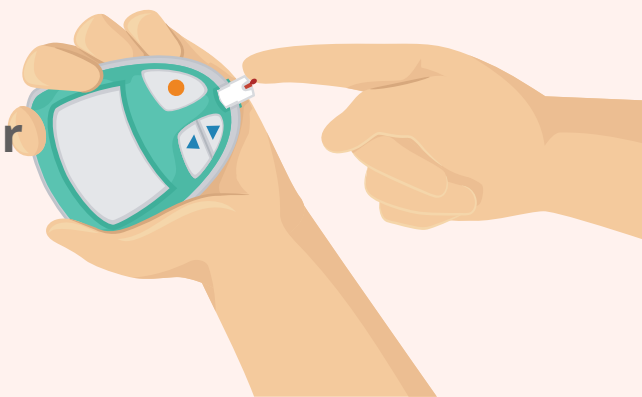


3. PLACE THE LANCING DEVICE ON THE SIDE OF YOUR FINGERTIP AND PRICK YOUR FINGER



3. GENTLY SQUEEZE YOUR FINGER TO GET A DROP OF BLOOD ONTO YOUR TEST STRIP

- Wait for meter to give you your reading.
- Record Results.



YOU DID IT!



- Great job on being proactive and taking care of yourself!