

Easy • Touch[®]

Glucose Monitoring System

Log Book

Easy•Touch[®]

Glucose Monitoring System

**Thank you for purchasing
The EasyTouch[®] Blood Glucose
Monitoring System**

Please use this log book to keep track of your blood glucose levels and monitoring schedule. It's important that you monitor and record your blood glucose level on a consistent basis.

Glycemic Recommendations for Adults with Diabetes

Time of Day <i>Hora del día</i>	Target Range <i>Meta de alcance</i>	
	mg/dL	(mmol/L)
Before Meals <i>Antes de la comida</i>	70-130	(3.9-7.2)
1-2 hr After Meals <i>1-2 hrs después de las comidas</i>	<180	(<10)

Reference: Diabetes Care. 2008;31 (supplement 1):S12-S54

**Taking a Test
Just Got Easier with EasyTouch[®]!**

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***Questions or Comments?
Call 877.358.4342***

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