



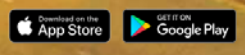
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Language: English



### Last Entry



\_\_\_ mg/dL



#### Self Love

"Treat others as you would like to be treated." This timeless value is found in many religions and cultures. In order to live by it, you

[Read More](#)

### Your daily schedule

Tell us when you usually eat and head to bed

[Get Started](#)

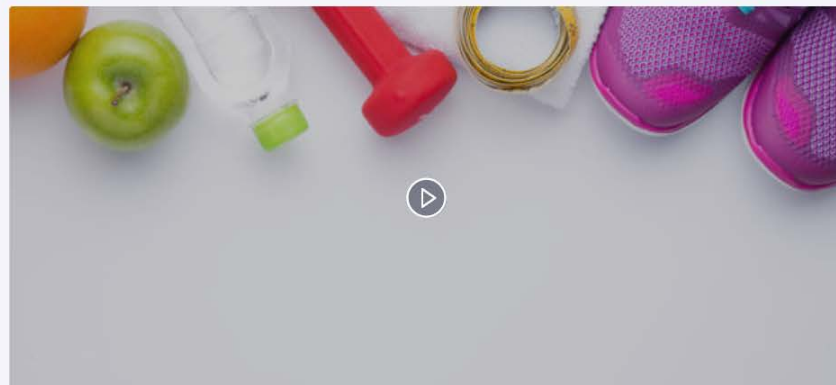
### Weekly Challenge

Our custom plans are designed to help you reach your health goals and may help lower your A1C.

[Learn More](#) [Start Challenge](#)

### Restaurant Helper

Enter Zip code




### Diabetes 101




Learn the basics about food, activity, BGs, and meds.

[Start lesson](#)


### New Ideas for Lunch



**Sesame Tuna Salad**  
Carbs: 9g Calories: 228



**Great Northern Bean Soup**  
Carbs: 41g Calories: 327



Date Range from Feb 17, 2020 to Feb 24, 2020

BG Meds Bolus Insulin Food Activity BP Sleep Weight

	Fasting	Breakfast		Lunch		Dinner		Bedtime	Other
		Before	After	Before	After	Before	After		
BG TARGET:	80 - 130	80 - 130	80 - 179	80 - 130	80 - 179	80 - 130	80 - 179	90 - 150	
AVERAGE BG:	--	--	--	--	--	--	--	--	
TOTAL BG:	0	0	0	0	0	0	0	0	
Feb 24, Mon									
Feb 23, Sun									
Feb 22, Sat									
Feb 21, Fri									
Feb 20, Thu									
Feb 19, Wed									
Feb 18, Tue									
Feb 17, Mon									

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Record your medications for Feb 24, 2020 Save

Taken all meds for the day

<input type="checkbox"/> Breakfast No meds recorded +	<input type="checkbox"/> Lunch No meds recorded +	<input type="checkbox"/> Dinner No meds recorded +	<input type="checkbox"/> Bedtime No meds recorded +	As needed No meds recorded
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### Send and review SMART Visit reports



Learn how and when to schedule your SMART Visit Report so you and your health care team can discuss your progress at your next visit.  
[View sample SMART Visit report](#)

#### Send a report

To:  Myself [Add another person](#)

[Send SMART Visit Report](#)

#### Scheduled Reports

[Schedule for later](#)

No reports scheduled.

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### Diabetes Videos

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- About Diabetes
- Managing Your Diabetes
- Healthy Eating
- Carbohydrate Counting
- Avoiding Complications
- Taking Medications
- Monitoring Blood Glucose
- Being Active
- Coping
- Solving Problems

#### What is Type 2 Diabetes?

Watch this clip to understand what happens within your body when you have type 2 diabetes, and the importance of keeping your blood glucose levels within a healthy range.

Runtime: 03:55

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2/24/2020

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