

Weekly blood glucose chart



Name: _____

Physician's name: _____

Medication types: _____

Normal results for blood glucose readings

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➤ Talk to your doctor about your specific glucose results

Date	After breakfast	After lunch	After dinner	Other	Insulin/medication	Notes about day: (Skipped meals, exercise, food intake)
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	

Member Services 1-855-690-7800 (TTY 1-800-855-2880)

www.anthem.com/wimedicaid

WI-WBGC-0714

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English For help to translate or understand this at no cost, please call **1-855-690-7800** (TTY **1-800-855-2880**).

Spanish Si necesita ayuda para traducir o entender esto sin costo, llame al **1-855-690-7800** (TTY **1-800-855-2884**).

Russian Если вам не все понятно в этом документе или нужен перевод, звоните по номеру **1-855-690-7800** совершенно бесплатно.

Hmong Xav tau kev pab txhais los yog to taub txog no ntawm tus nqi dawb, thov hu **1-855-690-7800**.

Laotian ສໍາລັບຄວາມຊ່ວຍເຫຼືອເພື່ອແປພາສາ ຫຼືເຂົ້າໃຈສິ່ງນີ້ໂດຍບໍ່ເສຍຄ່າ, ກະລຸນາ ໂທຫາ **1-855-690-7800**.