

Accu-Chek 360° View Tool

PATIENT NAME (Optional) _____

MEDICATION NAME _____

DOSE (UNITS) _____ TIME/DAY _____

WARNING: Do not adjust your prescribed oral medication or insulin therapy without first consulting your healthcare professional.

		DAY 1						DAY 2						DAY 3									
		Date _____						Date _____						Date _____									
		Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	
Time																							
Meal Size S M L		-	S M L	-	S M L	-	S M L	-	-	S M L	-	S M L	-	S M L	-	-	S M L	-	S M L	-	S M L	-	
Energy Level*		1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Blood Glucose																							
BLOOD GLUCOSE RANGE**	TOO HIGH	>16.0 mmol/L																					
		13.8–16.0 mmol/L																					
		11.5–13.7 mmol/L																					
		9.1–11.4 mmol/L																					
		7.1–9.0 mmol/L																					
		BEFORE MEAL GOAL 4.0–7.0 mmol/L																					
		AFTER MEAL GOAL 5.0–9.0 mmol/L																					
	TOO LOW	3.0–3.9 mmol/L																					
	<3.0 mmol/L																						

*ENERGY LEVEL					
What is your energy level?	1 Very Low	2 Low	3 Moderate	4 High	5 Very High

What did you learn from this 360° analysis of your blood sugar results?

Please take your completed form to your healthcare professional for review.

**Target ranges should be chosen and agreed upon between you and your healthcare professional.

How to get your Accu-Chek 360° view



The example results on this page are for illustrative purposes only

Data can show you:

- Trends in blood glucose levels
- The relationship between blood glucose values and time of day, meal size, and energy level

1. Fill in the dates for the three days on which you will track your blood glucose results
2. Check your blood glucose using your blood glucose meter at each time period
3. Record the time of the test*
4. Note the meal size by circling small, medium or large (S, M, L). Your standard meal would indicate a medium meal size on the form
5. Rate your energy level by circling a score on a scale of 1 (very low) to 5 (very high)
6. Record your blood glucose result in the space provided
7. Plot your blood glucose level (from step 6) by placing an **X** in the corresponding row of the chart, then connect the Xs

		DAY 1							DAY 2							DAY 3		
		Date																
		Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	Before breakfast	2 hours after breakfast	Before lunch	2 hours after lunch	Before dinner	2 hours after dinner	Before bed	Before breakfast	2 hours after breakfast	
Time		7.05	9.08	11.30	13.31	17.45	19.42	21.45	6.52	8.46	11.51	13.54	17.55	20.02	22.11	7.15	9.10	
Meal Size S M L		-	S M L	-	S M L	-	S M L	-	-	S M L	-	S M L	-	S M L	-	-	S M L	
Energy Level*		1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Blood Glucose		5.6	9.0	5.0	11.4	5.2	12.4	7.9	2.7	8.9	5.2	12.3	6.4	14.5	6.5	5.6	10.0	
BLOOD GLUCOSE RANGE**	TOO HIGH	>16.0 mmol/L																
	13.8–16.0 mmol/L																	
	11.5–13.7 mmol/L																	
	9.1–11.4 mmol/L				X		X					X		X			X	
	7.1–9.0 mmol/L		X						X		X							
	BEFORE MEAL GOAL	4.0–7.0 mmol/L																
	AFTER MEAL GOAL	5.0–9.0 mmol/L	X		X		X				X		X		X		X	
TOO LOW	3.0–3.9 mmol/L																	
<3.0 mmol/L								X										

*Your “after meal” time should be about two hours after you start eating, but doesn’t have to be two hours from your “before meal” check

Visit www.accu-chek.co.uk for more tips and tools on managing your diabetes.

By drawing a line to connect results, you can easily identify blood glucose trends

Out-of-range blood glucose values can indicate a need for improved blood glucose management, and may suggest the need to adjust or change therapy

The references to the blood glucose ranges comes from NICE guidelines NG17 “Adults with T1 diabetes” and the guide from Diabetes UK Council of Healthcare Professionals (CHP) : <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing>