

# Accu-Chek Aviva Expert bolus advisor system



If you are on Multiple Daily Injections of insulin (also called Basal/Bolus), there is more freedom as well as the opportunity for more control over your life and your diabetes.

Your insulin treatment mimics the body's way of administering insulin and, together with carb counting, is designed to give flexibility in the amount and timing of the food you eat.

However challenges to effective self-management can include the complexity to calculate the insulin dose, and fear of hypo's...



## ...When calculating your insulin bolus, do you consider the following factors?

What is my blood glucose reading?

How many carbs am I eating?

How much insulin have I taken recently?

How sensitive am I to insulin?

How long does my insulin last?

What is my carb to insulin ratio?

How quickly does my insulin work?

What time of day is it?

Am I stressed or unwell?

Have I exercised?



### Accu-Chek Aviva Expert can help

– it is a “smart” but easy to use blood glucose meter which can automatically calculate mealtime insulin doses to cover carbohydrate intake and address out-of-range blood glucose levels. It incorporates all the factors to help calculate your bolus insulin in seconds.

**If you are interested in finding out more about Accu-Chek Aviva Expert, the next step is to talk to your diabetes specialist. It may be helpful to download the PDFs provided to take with you.**

### DID YOU KNOW?

All adults with type 1 diabetes should be offered a structured education programme in self management of diabetes 6-12 months after diagnosis – or at any time that is clinically appropriate and suitable for the person, **regardless of duration of type 1 diabetes.** This should include carb-counting training. (NICE guidelines [NG17] August 2015). Talk to your healthcare professional if this is of interest to you.

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