



Know YourTM Paired Testing



Note to the healthcare provider: The information is intended to familiarize you with the content of the Bayer *Know Your*TM Patient Education Materials. The *Know Your*TM material is intended for educational purposes only and it is not a substitute for individual advice and diabetes management recommendations. Only healthcare providers directly involved in patient care should use these materials for diabetes education.



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Managing Diabetes Is a Balancing Act

- Healthy eating
- Physical activity
- Medicines
- Coping
- Making changes



Checking Your Blood Sugar Level

What is hardest for you, or what do you dislike most, about testing your blood sugar?

When have you found blood sugar monitoring useful?



What Is Paired Testing?

Paired testing can help you to understand:

- Why your blood sugar level is going up and down
- How your feelings or stress level affect your blood sugar level
- How your actions are affecting your blood sugar level
- How to make wise choices when managing diabetes



Paired Testing Home Experiments

Home experiment form



Date	Exercised today? (Yes/No)	Before-exercise blood sugar	After-exercise blood sugar	Blood sugar change
Add the numbers in the blood sugar change column, then divide by 5. This is your AVERAGE blood sugar level change. (If you exercised fewer than 5 days, divide by the number of days you exercised instead.)				

Denise's Home Experiment

Q: What do my favorite snacks really do to my blood sugar level?



Date	Exercised today? (Yes/No)	Before-exercise blood sugar	After-exercise blood sugar	Blood sugar change
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Denise's Home Experiment

Q: What do my favorite snacks really do to my blood sugar level?



Date	Exercised today? (Yes/No)	Before-exercise blood sugar	After-exercise blood sugar	Blood sugar change
5/7	Yes	190	142	-48
5/8	Yes	138	115	-23
5/9	Yes	163	147	-16
5/10	Yes	152	128	-24
5/11	Yes	126	97	-29
Add the numbers in the blood sugar change column, then divide by 5. This is your AVERAGE blood sugar level change. (If you exercised fewer than 5 days, divide by the number of days you exercised instead.)				-28

Try It Yourself

Step 1: Uncover a meaningful question

- Think of questions that may be answered by doing an experiment

Step 2: Create a home experiment to answer it

- Use the home experiment form to keep a record for the 5 days of the experiment

Step 3: Make sure you can do it

- Choose something that you are willing or able to do for 5 days

Step 4: Understand the results

- Review your results to see how what you do affects your blood sugar level

Step 5: Identify next steps

- Make a plan



Making the Most of Your Blood Sugar Test Results



Step 1: Choose an area that is important for you to better understand

Step 2: Create a plan that will answer your questions

Step 3: Gather information

- Along with your blood sugar level - keep track of your food - activity - medicines - stress level and mood

Step 4: Look for trends and patterns

- It's what happens most of the time that matters

Step 5: Make a plan to use the information to better manage your diabetes

- Make a change in your eating, activity, or medicines and try another experiment, or talk with your healthcare provider about the results



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