



Blood Glucose Monitoring dialogue

DIABETES CONSULT for PHARMACY

NEW FILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- **Do you have any questions or concerns about your diabetes?**
- Have you met with a diabetes educator?
- **Have you been trained on using your blood glucose meter?**
- What are the diabetes management goals you and your physician discussed (set)?
- What are your daily testing goals (frequency)?

Testing Guidelines (General)

- In addition to taking your medications correctly and eating well, regularly monitoring your blood sugar is one of the most important things you can do to help control your diabetes.
- **Blood glucose monitoring can help you understand the impact your medication, meals, and/or exercise have on your blood sugar.**
- Testing at least two times a day before meals and sometimes after meals (or during other times of the day) helps your doctor or pharmacist know when therapy needs to be adjusted.
- **Paired Testing – a test before a meal (or activity) and 2 hours after the same meal (or activity) – shows you what the meal/activity does to your blood sugar.**
- **Paired Testing helps identify patterns and can provide positive feedback on lifestyle choices.**
- Setting up a testing routine – based upon your physician's testing regimen – helps you stay on track and provides a good snapshot of your level of control.
- In addition to checking your blood sugar on your set schedule, you should also check your blood sugar whenever you feel like your blood sugar is too high or low because it can tell you if you need to have a carbohydrate snack or if you need medical attention.

Individual Testing Recommendations

- *Review their physician testing recommendation.*
- *Vary testing times (suggest Paired Testing).*
- **Things to help you adhere to your Doctor's recommendation are:**
 - **Write down your goals and testing regimen recommended by your physician or educator.**
 - **Set-up your blood glucose meter's audible reminder to remind you to test.**
 - **Keep a log of your BG testing, meals, activity, and medication.**

Let's chat in a few weeks and see what's working and what's not. Here is an informational guide that can help you get started in understanding the essentials of blood glucose monitoring.

Sometimes it only takes a question to start a useful **DIALOGUE!**

These are suggested questions to help you engage your diabetes patient to help start the dialogue. You can ask as few or many questions as you would like.

If you have limited time, you may want to just focus on the highlighted information.

Based upon the direction your engagement question takes you, select diabetes management info from this section to help inform your diabetes patient on the importance of blood glucose management.

If there is limited time, you can keep it simple by using just the highlighted information.

It's important that your diabetes patient understands why their diabetes healthcare professional is recommending the testing regimen and what the numbers mean.

What should the customer be looking for and when?

For a newly diagnosed diabetes patient, the CONTOUR[®]NEXT EZ meter is a very good choice because of its ease-of-use and high accuracy.

Additionally, the CONTOUR[®]NEXT EZ meter provides both meal-markers and audible reminders, to help your patient get actionable information.



Only the CONTOUR[®]NEXT portfolio of meters offer both meal-markers and audible reminders.



Blood Glucose Monitoring dialogue

DIABETES CONSULT for PHARMACY

REFILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- **How long have you had diabetes? (How long have you been on this medication?)**
- **How are you doing managing your diabetes? How are your numbers?**
- Do you have any questions or concerns?
- How are you tolerating your medication?
- Do you think it's working?
- Is there anything you would like to discuss regarding your diabetes management?
- What are the management goals you and your physician discussed (set)?
- When was the last time you reviewed your goals with your physician?
- Do you feel you are in control of your diabetes?
- Are you testing as often as you would like? If not – Why?
- What helps you manage your diabetes the most?
- **What stops your from managing effectively – any problems or obstacles?**

Testing Guidelines (General)

- **BG monitoring is supposed to help you understand the impact your medication, meals, and/or exercise have on your blood sugar.**
- Testing at least two times a day before meals and sometimes after meals (or during other times of the day) helps your doctor know when therapy needs to be adjusted.
- **Paired Testing – a test before a meal (or activity) and 2 hours after the meal (or activity) – shows you what the meal/activity does to your blood sugar.**
- **Paired Testing helps identify patterns and can provide positive feedback on lifestyle choices.**
- Do you have a routine testing schedule?
 - What is your current testing regimen?
 - How many times per day?
 - What times of day?

Individual Testing Recommendations

- *Review their physician testing recommendation, or*
- *Help patient set up a testing routine they can easily follow.*
- *Vary testing times (suggest Paired Testing).*
- **Things to help you adhere to your Doctor's recommendation are:**
 - **Write down your goals and testing regimen recommended by your physician or educator.**
 - **Set-up your blood glucose meter's audible reminder to remind you to test.**
 - **Keep a log of your BG testing, meals, activity, and medication.**

Let's chat in a few weeks and see what's working and what's not. Here is an informational guide that can help you take control of your diabetes.

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Based upon the direction your engagement question takes you, select diabetes management info from this section to help inform your diabetes patient on the importance of blood glucose management.

If there is limited time, you can keep it simple by using just the highlighted information.

It's important that your diabetes patient understands why their diabetes healthcare professional is recommending the testing regimen and what the numbers mean.

What should the customer be looking for and when?

Help your patients get actionable information from their BG meter:

The CONTOUR[®]NEXT and CONTOUR[®]NEXT USB meters have an AUTOLOG feature that automatically prompts the patient to mark their BG result. Patients can add a note to their BG result – such as before or after exercise.

Additionally, patients can set an audible reminder to remind them to test afterwards.



Only the CONTOUR[®]NEXT portfolio of meters offer both meal-markers and audible reminders.



Blood Glucose Monitoring dialogue

DIABETES CONSULT for PHARMACY

NEW FILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- **Do you have any questions or concerns about your diabetes?**
- Have you met with a diabetes educator?
- **Have you been trained on using your blood glucose meter?**
- What are the diabetes management goals you and your physician discussed (set)?
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Testing Guidelines (General)

- In addition to taking your medications correctly and eating well, regularly monitoring your blood sugar is one of the most important things you can do to help control your diabetes.
- **Blood glucose monitoring can help you understand the impact your medication, meals, and/or exercise have on your blood sugar.**
- Testing at least two times a day before meals and sometimes after meals (or during other times of the day) helps your doctor or pharmacist know when therapy needs to be adjusted.
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- **Paired Testing helps identify patterns and can provide positive feedback on lifestyle choices.**
- Setting up a testing routine – based upon your physician's testing regimen – helps you stay on track and provides a good snapshot of your level of control.
- In addition to checking your blood sugar on your set schedule, you should also check your blood sugar whenever you feel like your blood sugar is too high or low because it can tell you if you need to have a carbohydrate snack or if you need medical attention.

Individual Testing Recommendations

- *Review their physician testing recommendation.*
- *Vary testing times (suggest Paired Testing).*
- **Things to help you adhere to your Doctor's recommendation are:**
 - **Write down your goals and testing regimen recommended by your physician or educator.**
 - **Set-up your blood glucose meter's audible reminder to remind you to test.**
 - **Keep a log of your BG testing, meals, activity, and medication.**

Let's chat in a few weeks and see what's working and what's not. Here is an informational guide that can help you get started in understanding the essentials of blood glucose monitoring.



Blood Glucose Monitoring dialogue

DIABETES CONSULT for PHARMACY

REFILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- How long have you had diabetes? (How long have you been on this medication?)
- **How are you doing managing your diabetes? How are your numbers?**
- Do you have any questions or concerns?
- How are you tolerating your medication?
- Do you think it's working?
- **Is there anything you would like to discuss regarding your diabetes management?**
- What are the management goals you and your physician discussed (set)?
- When was the last time you reviewed your goals with your physician?
- Do you feel you are in control of your diabetes?
- How often do you test each day?
- Are you testing as often as you would like? If not – Why?
- What helps you manage your diabetes the most?
- **What stops your from managing effectively – any problems or obstacles?**

Testing Guidelines (General)

- **Blood glucose monitoring is supposed to help you understand the impact your medication, meals, and/or exercise have on your blood sugar.**
- Testing at least two times a day before meals and sometimes after meals (or during other times of the day) helps your doctor know when therapy needs to be adjusted.
- **Paired Testing – a test before a meal (or activity) and 2 hours after the meal (or activity) – shows you what the meal/activity does to your blood sugar.**
- **Paired Testing helps identify patterns and can provide positive feedback on lifestyle choices.**
- Do you have a routine testing schedule?
 - What is your current testing regimen?
 - How many times per day?
 - What times of day?

Individual Testing Recommendations

- *Review their physician testing recommendation, or*
- *Help patient set up a testing routine they can easily follow.*
- *Vary testing times (suggest Paired Testing).*
- **Things to help you adhere to your Doctor's recommendation are:**
 - **Write down your goals and testing regimen recommended by your physician or educator.**
 - **Set-up your blood glucose meter's audible reminder to remind you to test.**
 - **Keep a log of your BG testing, meals, activity, and medication.**

Let's chat in a few weeks and see what's working and what's not. Here is an informational guide that can help you take control of your diabetes.



Healthy Eating dialogue

DIABETES CONSULT for PHARMACY

NEW FILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- Do you understand the relationship between diabetes and healthy eating?
- Do you potentially see any “difficult areas or issues” in your lifestyle that you need to be mindful of?
- Generally, how would you rate your diet? (Very good / Good / Poor?)
- Have you met with a diabetes educator and/or dietitian?

Nutritional Guidelines

- Healthy eating goes hand-in-hand with your ability to successfully manage your diabetes.
- The two main areas of focus of healthy eating are portion control and the type of food you are eating.
- Testing your blood sugar before and then 2 hours after a meal allows you to learn the effect of that meal on your blood sugar – This can help you make healthy food choices and learn how to plan meals.
- The nutrition label helps keep you informed of the recommended serving size and the amount of carbohydrates in each serving.
- Carbohydrates are the body’s main source of energy and the American Diabetes Association recommends a minimum of 130g of carbohydrates per day.
- One serving size of carbohydrates is about 15g, which would be a portion of cereal the size of a tennis ball, bread the size of a cassette tape, or a piece of cake the size of a dental floss container.
- Lean proteins (e.g. skinless chicken, fish, and egg whites) are a great source of daily nutrients and keep you feeling full, longer.
- Saturated fats can raise your cholesterol and put you at a higher risk for heart disease.
 - try to limit your saturated fat intake

Recommendations and Monitoring

- Visit with a diabetes educator or a dietitian.
- Understand portion sizes. A high carb food portion should be no larger than the size of your fist.
- Regularly monitoring your blood sugar is one of the most important things you can do to help control your diabetes.
- Set your Blood Glucose (BG) meter up to track your before and after meal results (paired testing) so you know the effect your meal has on your blood sugar.
- Some quick tips for healthy eating are:
 - Plan your meals and include all food groups.
 - Keep a food log and monitor carb in-take.
 - Space your meals evenly.
 - Avoid skipping meals – to avoid over-eating at your next meal.
 - Snacks can help reduce your hunger while adding a nutritious energy boost to your day.
 - If you eat out a lot, go to restaurants that make it easier for you to follow your meal plan and limit your portion size to one serving – Take the rest to-go.

Let’s chat... This information guide (handout) is designed to give you more insight and help you manage your diabetes!

Sometimes it only takes a question to start a useful **DIALOGUE!**

These are suggested questions to help you engage your diabetes customer to help start the dialogue. You can ask as few or as many questions as you would like. If you have limited time, you may want to just focus on the highlighted information.

Patients can find a diabetes educator in their area through www.diabeteseducator.org

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The CONTOUR®NEXT and CONTOUR®NEXT USB meters have Before-meal and After-meal markers to allow you to perform **paired testing**, plus reminds you when it’s time to test after a meal, with an audible reminder.

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The CONTOUR®NEXT and CONTOUR®NEXT USB meters from Bayer have a carb-counting feature that easily logs carbs

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People with diabetes should eat a variety of foods each day. Carbs from vegetables, fruits, whole grains and dairy products instead of carbs with added sugar, fat and salt.

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There are food record log sheets, even phone apps, that can help you track your food intake quantity and quality.

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Its important that your diabetes customer understand why their diabetes healthcare professional is recommending the testing regimen and what the numbers mean.

What should the customer be looking for and when?

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For a newly diagnosed diabetes customer, the CONTOUR®NEXT EZ meter is a very good choice because of its ease-of-use and high accuracy.

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Additionally, the CONTOUR®NEXT EZ meter provides both meal-markers and audible reminders, to help your patients get actionable information.

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Healthy Eating dialogue

DIABETES CONSULT for PHARMACY

REFILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- Is there anything you would like to discuss regarding your diabetes management?
- **Generally, how do you rate your diet? (Very good / Good / Poor)**
- Is there anything about your nutrition plan you want to discuss?
- **What do you consider your biggest obstacle in maintaining a healthy diet?**
- **Have you met with a diabetes educator and/or dietitian?**

Nutritional Guidelines

- **Healthy eating goes hand-in-hand with your ability to successfully manage your diabetes.**
- **The two main areas of focus of healthy eating are portion control and the type of food you are eating.**
- **Testing your blood sugar before and then 2 hours after a meal allows you to learn the effect of that meal on your blood sugar – This can help you make healthy food choices and learn how to plan meals.**
- **Before and after meal marker features are helpful in providing pre/post meal analysis – plus include audible reminders to remind you to test.**
- Carbohydrates are the body's main source of energy and the American Diabetes Association recommends a minimum of 130g of carbohydrates per day.
- Lean proteins (e.g. skinless chicken, fish, and egg whites) are a great source of daily nutrients and keep you feeling full, longer.
- Saturated fats can raise your cholesterol and put you at a higher risk for heart disease – try to limit your fat intake.

Recommendations and Monitoring

- Track your carb and food intake by logging your food
- Regularly monitoring your blood sugar is one of the most important things you can do to help control your diabetes
- Set your BG meter up to help you track your before and after meal results, and log your test results to compare with food intake for better insights to your diabetes
- **Test before and after a meal (paired testing) so you know what the meal does to your blood sugar.**
- **Some quick tips for healthy eating are:**
 - Plan your meals and include all food groups
 - Keep a food log and monitor carb in-take
 - Space your meals evenly and avoid skipping meals
 - Snacks can help reduce your hunger while adding a nutritious energy boost to your day
 - If you eat out a lot, go to restaurants that make it easier for you to follow your meal plan and limit your portion size when eating out to one serving – Take the rest to-go.
- Ask your doctor if s/he would recommend you seeing a dietitian.

Let's chat... This information guide (handout) is designed to give you more insight and help you better manage your diabetes!

Sometimes it only takes one question to start a useful **DIALOGUE!**

One of the most important tools for controlling diabetes progression is the achievement of healthy eating habits.

The key to healthy eating is keeping the following 3 aspects in mind when selecting your eating options:

1. Type of food (protein, starch)
2. Quantity of those foods (recommended serving size)
3. Quality

The CONTOUR®NEXT and CONTOUR®NEXT USB meters have a **paired testing feature** that allows you to mark your Before-meal and After-meal readings, plus reminds you when it's time to test after a meal, with an audible reminder.

The CONTOUR®NEXT and CONTOUR®NEXT USB meters from Bayer have a **carb-counting feature** that easily logs carbs

People with diabetes should eat a variety of foods each day. Eat carbs from vegetables, fruits, whole grains and dairy products instead of carbs with added sugar, fat and salt.

There are food record log sheets, even phone apps that can help you track your food intake quantity and quality.

For an experienced tester, and someone looking for or needing more, the **CONTOUR®NEXT** meter is a very good choice. It offers ease-of-use and the proven accuracy you've come to expect from Bayer.



Additionally, the CONTOUR®NEXT USB meter provides both meal-markers and audible reminders, to help your patients get actionable information.



NEW FILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- Do you understand the relationship between diabetes and healthy eating?
- Do you potentially see any “difficult areas or issues” in your lifestyle that you need to be mindful of?
- Generally, how would you rate your diet? (Very good / Good / Poor?)
- Have you met with a diabetes educator and/or dietitian?

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- Carbohydrates are the body’s main source of energy and the American Diabetes Association recommends a minimum of 130g of carbohydrates per day.
- One serving size of carbohydrates is about 15g, which would be a portion of cereal the size of a tennis ball, bread the size of a cassette tape, or a piece of cake the size of a dental floss container.
- Lean proteins (e.g. skinless chicken, fish, and egg whites) are a great source of daily nutrients and keep you feeling full, longer.
- Saturated fats can raise your cholesterol and put you at a higher risk for heart disease – try to limit your fat intake.

Recommendations and Monitoring

- Visit with a diabetes educator or a dietitian.
- Understand portion sizes. A high carb food portion should be no larger than the size of your fist
- Regularly monitoring your blood sugar is one of the most important things you can do to help control your diabetes.
- Set your Blood Glucose meter up to track your before and after meal results (paired testing) so you know the effect your meal has on your blood sugar.
- Some quick tips for healthy eating are:
 - Plan your meals and include all food groups
 - Keep a food log and monitor carb in-take
 - Space your meals evenly
 - Avoid skipping meals – to avoid over-eating at your next meal
 - Snacks can help reduce your hunger while adding a nutritious energy boost to your day
 - If you eat out a lot, go to restaurants that make it easier for you to follow your meal plan and limit your portion size to one serving - Take the rest to-go.

Let’s chat... This information guide (handout) is designed to give you more insight and help you manage your diabetes!



REFILL (ORAL/INSULIN/TEST STRIPS)

Engagement

- Is there anything you would like to discuss regarding your diabetes management?
- **Generally, how do you rate your diet? (Very good / Good / Poor)**
- Is there anything about your nutrition plan you want to discuss?
- **What do you consider your biggest obstacle in maintaining a healthy diet?**
- **Have you met with a diabetes educator and/or dietitian?**

Nutritional Guidelines

- **Healthy eating goes hand-in-hand with your ability to successfully manage your diabetes.**
- **The two main focuses of healthy eating are portion control and the type of food you are eating.**
- **Testing your blood sugar before and then 2 hours after a meal allows you to learn the effect of that meal on your blood sugar – This can help you make healthy food choices and learn how to plan meals.**
- **Before and after meal marker features are helpful in providing pre/post meal analysis – plus include alarms to remind you to test.**
- Carbohydrates are the body's main source of energy and the American Diabetes Association recommends a minimum of 130g of carbohydrates per day.
- Lean proteins (e.g. skinless chicken, fish, and egg whites) are a great source of daily nutrients and keep you feeling full, longer.
- Saturated fats can raise your cholesterol and put you at a higher risk for heart disease – try to limit your fat intake.

Recommendations and Monitoring

- Track your carb and food intake by logging your food.
- Regularly monitoring your blood sugar is one of the most important things you can do to help control your diabetes.
- Set your BG meter up to help you track your before and after meal results, and log your test results to compare with food intake for better insights to your diabetes.
- **Test before and after a meal (paired testing) so you know what the meal does to your blood sugar.**
- **Some quick tips for healthy eating are:**
 - Plan your meals and include all food groups
 - Keep a food log and monitor carb in-take
 - Space your meals evenly and avoid skipping meals
 - Snacks can help reduce your hunger while adding a nutritious energy boost to your day
 - If you eat out a lot, go to restaurants that make it easier for you to follow your meal plan and limit your portion size when eating out to one serving - Take the rest to-go.
- Ask your doctor if s/he would recommend you seeing a dietitian.

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Physical Activity dialogue

DIABETES CONSULT for PHARMACY

New Fill (Oral/Insulin/Test Strips)

Engagement

- Have you met with a diabetes educator?
- **How would you rate your level of activity? (Low, Moderate, High)**
- **What type of daily activity do you do consistently?**
- Do you understand the role between diabetes and activity?
- **What questions or concerns do you have about your daily activity level and/or recommendation for daily activity?**
- Do you have a tracker that can help you monitor your level of activity?

How Activity Affects Your Blood Glucose

- **As someone with diabetes, there are many benefits to increasing your level of physical activity.** It can help improve your glucose control, reduce risk for cardiovascular disease, increase weight loss and lower Body Mass Index (BMI).
- **The American Diabetes Association recommends at least 90 minutes of moderate intensity exercise throughout the week.**
- **Physical activity can be split between at least 3 days during the week and for at least 30 minutes each day.**
- You do not have to do exercise every day, but you don't want to go more than 2 days in a row without exercising.
- Examples of a moderate intensity exercise are a 30 minute brisk walk, bicycling for 30 minutes, water aerobics, or even gardening for 30-45 minutes. You can also mix in days of more vigorous activity if you feel like your body can handle it, such as a zumba class or step aerobics.
- The American Diabetes Association also recommends resistance training such as weight lifting at least 2 times per week.

Recommendations and Monitoring

Please **check with your physician before starting an exercise program**, especially if you are doing little or no exercise currently.

- The key is to start off by making small changes such as taking a walk after dinner instead of watching TV.
- **I encourage you to find the type of physical activity you enjoy doing because it will make it easier to integrate into your lifestyle.**
- Regularly *monitoring your blood sugar* is one of the most important things you can do to help control your diabetes.
- **Testing your blood sugar can help you understand how exercise affects your blood sugar.**
- **If you test *before* and then *after* a brisk walk, for instance, you may see the effect that this level of exercise has on your blood sugar results.**

Here is an information guide that can help you get started in understanding how exercise can help you control your blood sugar.

Sometimes it only takes a question to start a useful **DIALOGUE!**

These are suggested questions to help you engage your diabetes customer to help start the **dialogue**. You can ask as few or as many questions as you would like. If you have limited time, you may want to just focus on the highlighted information.

Patients can find a diabetes educator in their area through www.diabeteseducator.org

It's very important that the patient knows their exercise limitations. Remind your patient that they should check with their physician before starting any exercise program.

Based upon the direction your engagement questions take you, select diabetes management info from this section to help inform your diabetes patient on the importance of blood glucose management.

To help you provide useful information to the diabetes patient on an on-going basis, please see the **Diabetes Background Information** provided in the Program Guide.

If there is limited time, you can keep it simple by using just the highlighted information.



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Additionally, the **CONTOUR[®]NEXT EZ** meter provides both meal-markers and audible reminders, to help your patients get actionable information.

Once you have completed the discussion with your patient, hand them the **Know Your Healthy Steps** brochure (provided in the Program Guide) to take home with them to review. Let them know that you'd be happy to discuss any questions they have during their next visit.



Physical Activity dialogue

DIABETES CONSULT for PHARMACY

Refill (Oral/Insulin/Test Strips)

Engagement

- How would you rate your current level of diabetes management? (Good, Average, Poor)
- How would you rate your level of activity? (Low, Moderate, High)
- What type of daily activity do you do consistently?
- Do you have a tracker that can help you monitor your level of activity?
- Do you understand the relationship between diabetes and activity?
- What questions or concerns do you have about your daily activity level and/or recommendation for daily activity?

How Activity Affects Your Blood Glucose

(Change in medication? I understand your frustration.)

- There are lifestyle modifications you can make that will help your body control the blood sugar and the need for adding other medications may be prolonged.
- The first is by eating a healthy diet, which I am sure your doctor has talked to you about.
- Has your doctor explained how **physical activity** can help control your diabetes?
- The American Diabetes Association recommends at least 150 minutes of moderate intensity exercise throughout the week.
- You can split it between 3 or more days as long as you are physically active for at least 30 minutes each time. You don't have to do activity every day, but it is best to not go more than 2 days without activity. A good rule is to try to have some activity at least every other day.
- Some examples of *moderate* physical activity are taking a brisk walk, bicycling, water aerobics, and even gardening or vacuuming.
- Some examples of more *vigorous* activity would be taking a zumba class or step aerobics, which can be mixed in throughout the week if you want.
- Exercise is very beneficial to help improve your glucose control and it can also reduce your risk for cardiovascular disease.

Recommendations and Monitoring

Please **check with your physician before starting an exercise program**, especially if you are doing little or no exercise currently.

- The key is to start off by making small changes such as taking a walk after dinner instead of watching TV.
- I encourage you to find the type of physical activity you enjoy doing because it will make it easier to integrate into your lifestyle.
- Regularly *monitoring your blood sugar* is one of the most important things you can do to help control your diabetes.
- Testing your blood sugar before and after activity can help you understand how exercise affects your blood sugar.
- If you test *before* and then *after* a brisk walk, for instance, you may see the effect that this level of exercise has on your blood sugar results.

Here is an information guide that can help you get started in understanding how exercise can help you control your blood sugar.

Sometimes it only takes a question to start a useful **DIALOGUE!**

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Patients can find a diabetes educator in their area through www.diabeteseducator.org

It's very important that the patient knows their exercise limitations. Remind your patient that they should check with their physician before starting any exercise program.

Based upon the direction your engagement question takes you, select Diabetes Management info from this section to help inform your diabetes patient on the importance of blood glucose management.

To help you provide useful information to your patient with diabetes on an on-going basis, please see the **Diabetes Background Information** provided in the **Dialogue Program Guide**.

If the time is limited, you can keep it simple by using just the highlighted information.



Help your patients get actionable information from their blood glucose testing:

The CONTOUR[®]NEXT and CONTOUR[®]NEXT USB meters have an AUTOLOG feature that automatically prompts the patient to mark their BG result. Patients can add a note to their BG result – such as before or after exercise. Additionally, patients can set an audible reminder to prompt them to test afterwards.

Once you have completed the discussion with your patient, hand them the **Know Your Healthy Steps** brochure (provided in the **Dialogue Program Guide**) to take home with them to review. Let them know that you'd be happy to discuss any questions they have during their next visit.



New Fill (Oral/Insulin/Test Strips)

Engagement

- Have you met with a diabetes educator?
- **How would you rate your level of activity? (Low, Moderate, High)**
- **What type of daily activity do you do consistently?**
- Do you understand the importance of activity for patients with diabetes and activity?
- **What questions or concerns do you have about your daily activity level and/or recommendation for daily activity?**
- Do you have a tracker that can help you monitor your level of activity?

How Activity Affects Your Blood Glucose

- **There are many benefits to increasing your level of physical activity.** It can help improve glucose control for people with diabetes, reduce risk for cardiovascular disease, increase weight loss and lower Body Mass Index (BMI).
- **The American Diabetes Association recommends at least 90 minutes of moderate intensity exercise throughout the week.**
- **Physical activity can be split between at least 3 days during the week and for at least 30 minutes each day.**
- You do not have to do exercise every day, but you don't want to go more than 2 days in a row without exercising.
- Examples of a moderate intensity exercise are a 30 minute brisk walk, bicycling for 30 minutes, water aerobics, or even gardening for 30-45 minutes. You can also mix in days of more vigorous activity if you feel like your body can handle it, such as a zumba class or step aerobics.
- The American Diabetes Association also recommends resistance training such as weight lifting at least 2 times per week.

Recommendations and Monitoring

Please **check with your physician before starting an exercise program**, especially if you are doing little or no exercise currently.

- The key is to start off by making small changes such as taking a walk after dinner instead of sitting or laying down.
- **I encourage you to find the type of physical activity you enjoy doing because it will make it easier to integrate into your lifestyle.**
- Regularly *monitoring your blood sugar* is one of the most important things you can do to help control your diabetes.
- **Testing your blood sugar can help you understand how exercise affects your blood sugar.**
- **If you test *before* and then *after* a brisk walk, for instance, you may see the effect that this level of exercise has on your blood sugar results.**

Here is an information guide that can help you get started in understanding how exercise can help you control your blood sugar.



Refill (Oral/Insulin/Test Strips)

Engagement

- How would you rate your current level of diabetes management? (Good, Average, Poor)
- How would you rate your level of activity? (Low, Moderate, High)
- What type of daily activity do you do consistently?
- Do you have a tracker that can help you monitor your level of activity?
- Do you understand the connection between diabetes and activity?
- What questions or concerns do you have about your daily activity level and/or recommendation for daily activity?

How Activity Affects Your Blood Glucose

(Change in medication? I understand your frustration.)

- There are lifestyle modifications you can make that will help your body control the blood sugar and the need for adding other medications may be prolonged.
- The first is by eating a healthy diet, which I am sure your doctor has talked to you about.
- Has your doctor explained how **physical activity** can help control your diabetes?
- The American Diabetes Association recommends at least 90 minutes of moderate intensity exercise throughout the week.
- You can split it between 3 or more days as long as you are physically active for at least 30 minutes each time. You don't have to engage in such activity every day, but it is best to not go more than 2 days without activity. A good rule is to try to have some activity at least every other day.
- Some examples of *moderate* physical activity are taking a brisk walk, bicycling, water aerobics, and even gardening or vacuuming.
- Some examples of more *vigorous* activity would be taking a zumba class or step aerobics, which can be mixed in throughout the week if you want.
- Exercise is very beneficial to help improve your glucose control and it can also reduce your risk for cardiovascular disease.

Recommendations and Monitoring

Please **check with your physician before starting any exercise program**, especially if you are doing little or no exercise currently.

- The key is to start off by making small changes such as taking a walk after dinner instead of laying or sitting down.
- I encourage you to find the type of physical activity you enjoy doing because it will make it easier to integrate into your lifestyle.
- Regularly *monitoring your blood sugar* is one of the most important things you can do to help control your diabetes
- **Testing your blood sugar before and after activity can help you understand how exercise affects your blood sugar.**
- If you test *before* and then *after* a brisk walk, for instance, you may see the effect that this level of exercise has on your blood sugar results.

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