



Is my blood sugar too high?

If your blood sugar is high, it may be due to the following reasons. Check any that apply.

- I sometimes forget to take my medications for blood sugar.
- I usually eat large meals.
- I feel tense, angry, worried, or depressed.
- I usually find excuses not to exercise.



What is my next step?

- I will read more about it.
- I will discuss it with my family or friends.
- I will think about it.

The choice to take control is in your hands.



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Thinking about checking your blood sugar

Stage of change Pre-contemplation

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This pamphlet is for you if you have never checked your own blood sugar and are **not** ready to begin.



What if I'm not ready to check my blood sugar?

You may not be ready to check your blood sugar today. A lot of people find it hard to check their blood sugar for many reasons. Do any of these reasons fit for you? Check any that apply and/or add your own.

- I don't have time.
- I don't want diabetes to control my life.
- I get nervous just thinking about it.
- I don't like the pain.
- I can't afford it right now.
- I already know it is high. What's the use?

Add your own:



Why do other people check their blood sugar?

Many people with diabetes check their blood sugar regularly. If they know their blood sugar level, this can help them improve their control.

It helps them to:

- prevent high blood sugar.
- treat high blood sugar.
- prevent low blood sugar.
- treat low blood sugar.
- manage diabetes when sick.
- _____



How can checking my blood sugar help me?

- I will feel better, physically and emotionally.
- I can enjoy more activities with my family.
- I will miss fewer days at work.
- I can prevent or delay problems related to diabetes.

Add your own:
