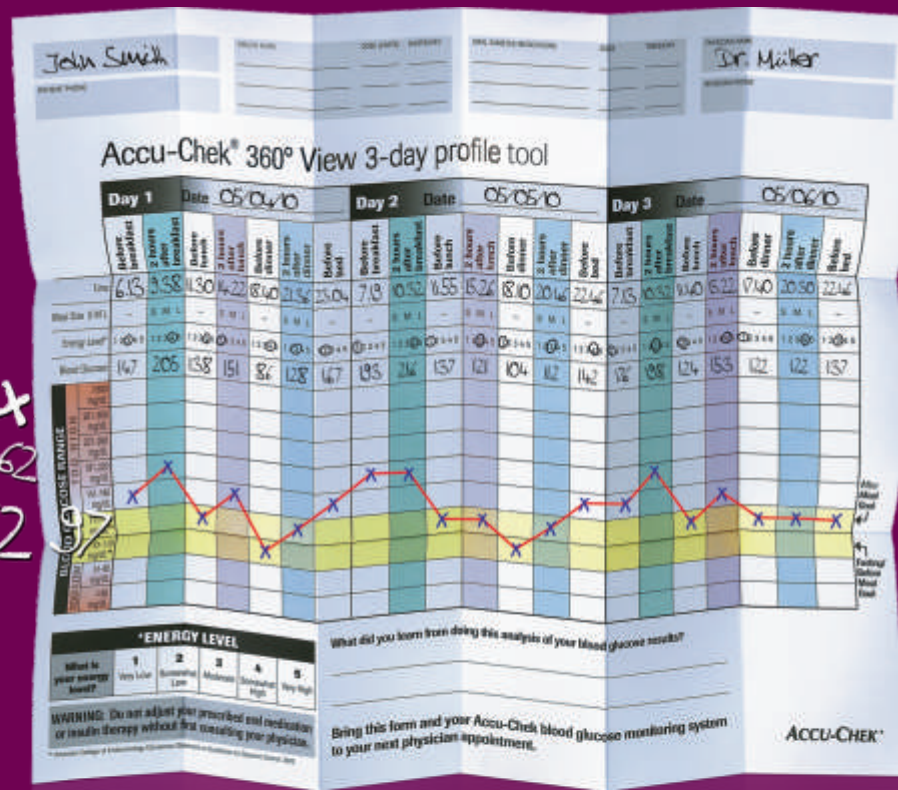


Accu-Chek® 360° View 3-day profile tool

A practical approach to diabetes management.

81 135
 133 134 59 161
 89 145 156 49
 89 151 66 17 154
 144 128 6 52



Experience what's possible.

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ACCU-CHEK®

Accu-Chek® 360° View 3-day profile tool

Implementing the paper tool into your practice

When to use the tool:

- Patient feels out of control and looks for help to regain it
- Newly diagnosed diabetic patient
- Change to the patients medication to see how well it is controlling their blood glucose patterns
- Patient is feeling well and therefore skeptical about recommended lifestyle changes and monitoring blood glucose

How the tool works:

- Your patient conducts 7 blood glucose tests per day over 3 consecutive days at specified times. Then they record the following data after each blood glucose test on the Accu-Chek 360° View 3-day profile tool:
 - Blood glucose value from the meter
 - The time the test was taken
 - Food intake
 - Energy level (how energetic does your patient feel)

- Your patient graphs his/her blood glucose level in the paper tool
- The patient brings the completed form to their next appointment to discuss their 3-day profile and how to take action on the results
- You can use the self-monitoring data and HbA1c to evaluate if current therapy is effective, and if not, to determine the best way to change therapy

How to analyze the tool:

1. Identify the glycemic abnormality
 - a. Hypoglycemia
 - b. Fasting Hyperglycemia
 - c. Postprandial Hyperglycemia
2. Determine timing and frequency of occurrence
3. Investigate potential causes
4. Take action

PATIENT NAME & AGE	INSULIN NAME	INSULIN CARB RATIO	CORRECTIVE DOSE UNITS	ORAL DIABETES MEDICATIONS	DOSE (UNITS)	TIMES/DAY	DOCTOR NAME
PHONE NO.	B						
ADDRESS	L						DOCTOR PHONE
	D						

Instructions to patient:

Test your blood glucose at the times shown here and complete this chart over 3 consecutive days.

- Step 1**
Fill in the **dates** for the days on which you will track your blood glucose results.
- Step 2**
Test your **blood glucose** using Accu-Chek® blood glucose meter at the times indicated.
- Step 3**
Enter the **time** of the test.
- Step 4**
Based on your normal eating habits, describe this **meal size** by circling Small, Medium or Large.
- Step 5**
Enter your insulin dose in the third row. this can be your corrective dose or food dose or the combination.
- Step 6**
Rate your **energy level** on a scale of **1** (very low), **2** (low), **3** (moderate), **4** (high), **5** (very high) and circle that score here.
- Step 7**
Enter your **blood glucose value**.
- Step 8**
Graph your **blood glucose level** by placing an **X** in the corresponding row of the chart then connect the Xs.

Accu-Chek 360° View 3 Day Profile Tool

		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		-	SML	-	SML	-	SML	-	-	SML	-	SML	-	SML	-	-	SML	-	SML	-	SML	-
Insulin Dose																						
Energy Level		12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345	12345
Blood Glucose																						
BLOOD GLUCOSE RANGE	TOO HIGH	>300 mg/dL																				
		261-300 mg/dL																				
		221-260 mg/dL																				
		181-220 mg/dL																				
		141-180 mg/dL																				
		110-140* mg/dL																				
		81-110* mg/dL																				
	TOO LOW	51-80 mg/dL																				
	<50 mg/dL																					

ACTIVITY LEVEL					
What is your activity level?	1 Very low	2 Somewhat Low	3 Moderate	4 Somewhat High	5 Very High

Warning: Do not adjust your prescribed oral medication or insulin therapy without first consulting your physician

What did you learn from doing this analysis of your blood glucose results?

Bring this form and your Accu-Chek® blood glucose monitoring system to your next physician appointment.



Accu-Chek® 360° testing in pairs tool

The easy before-and-after tool to help your patients discover that what they do affects their blood glucose

Handwritten numbers: 81, 135, 133, 134, 59, 161, 145, 156, 43, 89, 151, 66, 176, 144, 128

What do I want to learn?
How does walking affect my blood glucose?

Name: Steven R.

Date of Birth: 7/20/41

Day	Before	After	Change	Notes:
1 3-16	123	207	84	No walking, stayed at home and watched TV.
2 3-17	126	163	37	Walked 30 minutes after lunch
3 3-18	124	252	128	No walking, stayed at home and watched TV.
4 3-19	85	130	45	Walked 30 minutes after lunch
5				
6				
7				

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Experience what's possible.

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ACCU-CHEK®

Accu-Chek® 360° testing in pairs tool

Implementing the paper tool into your practice

When to use the tool:

The Accu-Chek 360° testing in pairs tool can be used to track the following events and for these situations:

Types of events

- Meals, snacks, exercise, stress, etc.

Possible opportunities for use of the tool

- Newly diagnosed patient
- New oral medication
- Patients who are uncertain about an event, like adding mealtime insulin
- Patient is feeling well and therefore skeptical about recommended lifestyle change and monitoring blood glucose, despite rising HbA_{1c}

How to use the tool:

1. Ask key questions to help determine your patients' concerns about their blood glucose.

For example:

- What is your biggest concern about your diabetes?
- What is the hardest thing you have to do to manage your diabetes?
- Would you like to know more about how the changes you've made affect your blood glucose?
- Do you know what your blood glucose should be?

2. Write the meal or activity at the top of the patient chart, and fill in the blanks in steps 1 and 2, below.

- Your patients should test their blood glucose before and after the event for 7 days and log their results.

3. Your patients can send you their results, call you or schedule a follow-up visit as soon as they complete the Accu-Chek 360° testing in pairs tool.

Accu-Chek® 360° testing in pairs tool

Name: _____

Date of Birth: _____

1 Each day, check your blood glucose before:

(Meal/Activity)

and write the number in the **Before** column.

2 Check your blood glucose again

(Hours/Minutes Later)

Write this number in the **After** column, and note anything you want to remember.

What do I want to learn?

Day	Before	After	Change
1			
2			
3			
4			
5			
6			
7			

	ADA ¹	IDF ²
Before meal	70–130 mg/dL	<110 mg/dL
After meal	<180 mg/dL 1–2 hours after the start of the meal	<140 mg/dL 2 hours after the start of a meal

Notes:

Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.

1 American Diabetes Association. Standards of medical care in diabetes—2010. Diabetes Care. 2010; 33 (suppl 1): S11-S61.
2 International Diabetes Federation. Guideline on Self-Monitoring of Blood Glucose in Non-Insulin-Treated Type 2 Diabetes.