Hadley

Managing Diabetes – Checking Your Blood Sugar

If you have diabetes, checking your blood sugar may be a part of your daily routine, to help you make decisions, and take care of your health. Whether you're new to the task, or you're looking for ways to make it easier, we've got some tips for using your glucose meter, and getting the information you need, no matter your level of vision.

Choosing which blood sugar testing equipment to use, starts with your healthcare team. They'll help you pick what type of meter is right for you, and they'll show you how it works.

Once you're familiar with your device, here are a few techniques that can help you make the process work well for you.

First, it's always helpful to get organized. Start by keeping your glucose meter and your testing supplies together, in a place that's easy to get to.

Ed: Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course, if you'd prefer to talk through these questions, we're just a phone call away at 800 323 4238. Taking these few steps, saves your preferences so you can continue right where you left off, and track your progress every time you log on. Plus it connects you to the Hadley community, and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts, like me. Now, where were we?