

Check



Stay in the know.

Knowing your blood sugar numbers can help you make the right decisions.

1

Consider a glucometer: Glucometers are a simple and effective way to test your blood sugar at home. Devices typically range from \$10 - \$40.

2

Primary Care Physician: Schedule an appointment with your Primary Care Physician today.

3

Ask for an A1c test: An HbA1c (A1c) test provides additional information beyond a standard blood glucose test. The value shows how blood sugar has been trending over the past 3 months.



If you are not sure where start, please reach out to your provider for more information.

Know your Numbers

Knowing your numbers is the first step to a healthier you. Compare your blood glucose reading to the chart below.

Blood Glucose Chart			
Mg/DL	Fasting	After Eating	2-3 hours After eating
Normal	80-100	170-200	120-140
Pre-Diabetic	101-125	190-230	140-160
Diabetic	126+	220-300	200*

Results out of range? We can help!

Schedule a free consultation with our Wellness Nurse:

- Log into Prevention Cloud
- "Events" (left-hand tab)
- "Health & Wellness Coaching"
- "Wellness Coaching with Nurse Christine".

Re-test! We recommend re-checking your blood sugar in a fasting state. Remember, fasting means no food or drink other than water for 8 hours or more.

Make an appointment with your Primary Care Physician. Your PCP will run additional tests to help determine your results.

Visit [cdc.gov/diabetes](https://www.cdc.gov/diabetes) for additional resources and information.

YouMatter!
Be healthy
SAN MATEO COUNTY WELLNESS



Know your Numbers

Managing Your Blood Sugar

Walk

Did you know that walking for as little as **5 minutes after a meal can help regulate your blood sugar?** Consider adding a post-meal walk to your routine.



WALKING FOR EXERCISE

Aim for 150 minutes per week of moderate-intensity physical activity to help reduce your risk of pre-diabetes and Type 2 diabetes.

One way to do this is to fit in a brisk walk every day for 20 to 25 minutes.

For more information visit: <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

DID YOU KNOW there are FREE movement resources available to you?

- **On-demand Fitness Video Library:**
 - To access log into Prevention Cloud
 - "Fitness Videos" tab (located on the left-hand menu).
- **Onsite and virtual live exercise classes:**
 - To access log into Prevention Cloud
 - "Events" tab
 - "Exercise Classes"
- **Exercise Tracker:** Log into Prevention Cloud "Trackers" on the left-hand menu
- **Select "Exercise Tracker"** and log your steps there.
- **Find a "Wellness Buddy" with shared wellness interests:**
 - Log into the Wellness SharePoint page and search "Wellness Buddies", or scan QR code:



Cook



Eating for pre-diabetes and Type 2 diabetes can be challenging. It is necessary to include more vegetables and cut back on simple carbohydrates such as sugar and refined grains.

Don't worry - we're here to help!

Schedule a free consultation with our Registered Dietician to get guidance on how to eat with your blood sugar in mind.

Join us for free live and recorded webinars on healthy eating, eating for diabetes, and more!

Log into Prevention Cloud

- "Events" (left-hand tab)
- "Nutrition Classes"

To schedule an appointment with a Registered Dietitian:

- Log into Prevention Cloud
- "Health & Wellness Coaching"
- "Nutrition Coaching"

Weight

Did you know that losing **just 5% - 7% of your body weight can significantly reduce your risk of diabetes?**

Scan to calculate 5 - 7% of your body weight:

QR SCAN



To assist in weight loss implement the following lifestyle changes:



Move More

Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your health care professional about which activities are best. **Start slowly to build up to your goal.**



Eat Healthy Foods Most Of The Time

Eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. Choosing foods with less fat is another way to reduce calories. **Drink water instead of sweetened beverages.**