



Blood Glucose Testing Basics

Regular blood glucose monitoring is key for making informed decisions about your diet, exercise, and medication.

Key Points

- **Blood Glucose Meters:** These devices allow you to measure your blood sugar levels at home.
- **Testing Frequency:** The frequency of testing varies based on your diabetes type and treatment plan.
- **A1C Test:** This test provides a snapshot of your average blood sugar control over the past 2-3 months.
- **Target Blood Sugar Levels:** Work with your healthcare provider to establish personalized target ranges.
- **Managing High and Low Blood Sugar:** Learn how to respond to both hypoglycemia and hyperglycemia.



Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

We're committed to your health. Contact us today for more information.



Advanced Diabetes Supply

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