

ACCU-CHEK® Guide

## RECOMMEND SIMPLE.

The smartest system we've ever designed  
for simple, quick routine testing.



Dear Healthcare Partner,

Designed with the needs of healthcare practitioners and their patients in mind, the site is a one-stop shop for the latest information on diabetes management, providing you with a wide range of education tools and specific documents for your reference.

For any further questions, please contact your dedicated representative or contact our Roche Diabetes Customer Care at 1-800-363-7949 to find out which representative can assist you.

### ACCU-CHEK GUIDE

[Upgrade your patients to Accu-Chek Guide](#)

[Accu-Chek Guide Patient Benefits](#)

[Accu-Chek Guide Accuracy going above standards](#)

[Accu-Chek Guide Solutions to patients challenges](#)

[Quick start guide Accu-Chek Guide](#)

[Prescription for Accu-Chek Guide](#)

[Accu-Chek Guide Simple tips to remove one strip at a time](#)

### MYSUGR

[Getting started with mySugr & how to pair with the Accu-Chek Guide meter](#)

[How can I estimate my HbA1c](#)

[Send a mySugr report step by step](#)

[mySugr report example](#)

[Accu-Chek Guide Link Patient Benefits](#)

## SITESMART

[Discover Sitesmart™](#)

[Patient's injection site rotation assessment test](#)

## VIDEOS

[Accu-Chek Guide: Accu-Chek Guide Train the Trainer Video \(5 min\).](#)

[Accu-Chek Guide: Step-by-Step "How to" Videos for Patients.](#)

- [Setting up and using the Accu-Chek Guide system \(5 min\)](#)
- [Changing the batteries \(2 min\)](#)
- [Additional meter settings \(5 min\)](#)
- [Four simple ways to remove a test strip from the spill-resistant vial \(40 sec\)](#)
- [Many ways to dose the Accu-Chek Guide test strip \(25 sec\)](#)

[Accu-Chek Guide Key Features, What Makes This System Different \(30 sec\)](#)

[Video: Click here to view all of our videos on Diabetes \(in collaboration with Universi-D\)](#)

- [Diabetes 101: What is Diabetes? \(3 min\)](#)
- [Diabetes 101: Types of Diabetes and Symptoms \(4 min\)](#)
- [Diabetes 101: Causes and Risk Factors \(3 min\)](#)
- [Diabetes 101: The Diagnosis \(5 min\)](#)
- [Diabetes 101: Introduction to Diabetes Management \(3 min\)](#)
- [Diabetes 101: Measuring Blood Glucose \(7 min\)](#)
- [Diabetes 101: Taking Action to Manage Diabetes \(3 min\)](#)
- [Eating for people with diabetes: The Importance of Diet \(3 min\)](#)
- [Eating for people with diabetes: Eating 3 Balanced Meals \(4 min\)](#)
- [Eating for people with diabetes: Choosing Good Fats for Heart Health \(2 min\)](#)
- [Eating for people with diabetes: Foods High in Fiber \(2 min\)](#)
- [Eating for people with diabetes: Cooking and Eating According to Hunger \(2 min\)](#)
- [Eating for people with diabetes: Carbohydrates \(3 min\)](#)
- [Eating for people with diabetes: The Balanced Meal Model \(2 min\)](#)
- [Eating for people with diabetes: Sugar and its Substitutes \(1 min\)](#)
- [Eating for people with diabetes: Calculating Carbohydrates \(3 min\)](#)
- [Eating for people with diabetes: Snacks \(3 min\)](#)
- [Grocery Shopping for People with Diabetes: Nutritional Claims \(8 min\)](#)
- [Grocery Shopping for People with Diabetes: Ingredients List and Nutrition Facts Table \(7 min\)](#)
- [Grocery Shopping for People with Diabetes: Recommendations and Practical Exercises \(8 min\)](#)

## OTHER USEFUL RESOURCES

[Diabetes Canada Clinical Practice](#)

[Diabetes Canada Physical Activity](#)

[Diabetes Canada resistance exercises](#)

[Diabetes Canada Drive Safe Tear Pad](#)

[Diabetes Canada Sick or Risk Dehydration](#)

[The Diabetes Toolbox](#)

[Diabetes Quebec Guide for dining out](#)

[One-on-One Type 1 Care Program Handout](#)

[Patients card Hypoglycemia / Hyperglycemia](#)

## TOOLS

[Eye Health and Diabetes](#)

[Snacks and Diabetes](#)

[Heart Health and Diabetes](#)

[Footcare and Diabetes](#)

[Blood Glucose Self Monitoring Booklet](#)

[Checklist for a Person with Type 2 Diabetes](#)

## FOREIGN LANGUAGE RESOURCES

[7 Days Chinese Health Meal Plan](#)

This site is intended for healthcare professionals only and the content should not be used for promotional use. In the event that you share any of these documents with a patient by email, you confirm that you are in compliance with Canada's Anti-Spam Legislation (CASL) and that you have received the required consent to do so.

Language English