

Date: \_\_\_\_\_

Patient: \_\_\_\_\_



**Accu-Chek® Guide**

*No Substitution*

(HEALTH CARE PROFESSIONAL'S SIGNATURE)



**Sign up  
and set the  
following goals:**

**> Go to [EngageProgram.ca](https://EngageProgram.ca)**

> Enter code: **engage**

> Select clinic: \_\_\_\_\_

### **Healthy Eating:**

- Eat three meals per day at regular times
- Limit sugars and sweets
- Limit high-fat foods
- Eat more high-fibre foods
- Drink more water
- Drink less alcohol
- Eat balanced meals
- Eliminate processed foods



### **Physical Activity:**

- Move more
- Walk more
- Increase flexibility or stretching
- Do aerobic exercise
- Do strength or resistance training



### **Blood Glucose Monitoring:**

- Monitor regularly
- Monitor before/after eating
- Monitor after exercising
- Monitor 3X a day for 7 days to get an estimated A1c (HbA1c)



### **Medication:**

- Take insulin every day timely
- Set an alarm on cell phone to take my medication
- Ask a friend or a family member to remind me to take my medication
- Set a calendar reminder at work to remind me to take my medication



### **Stress Management:**

- Exercise more
- Practice good sleep hygiene
- Take 10-15 minutes for myself each day
- Connect with a support group
- Find time for joy/play each day
- Keep a journal to express my emotions
- Write down three things I am grateful for each day



### **Body Care:**

- Check my feet everyday for cuts, cracks, bruises or sores
- Practice good oral hygiene
- Meditate before bed
- Apply a hypoallergenic moisturizer daily
- Use sunscreen when outside
- Book regular eye care appointments

## Notes:

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# Guided. Supported. Motivated.

Diabetes support whenever  
you need it.

Get even more out of your Accu-Chek Guide meter with **engage**. Exclusive to Accu-Chek Guide users, this one-of-a-kind program offers diabetes support to help you stay motivated and make changes at your own pace.

## Sign up today!

Go to [engageProgram.ca](https://engageProgram.ca) and enter code **engage**  
or scan this code.



## Need help signing up?

Contact Accu-Chek Customer Care: 1-800-363-7949.  
Mon - Fri. 9 am - 6 pm (ET).

## Here's everything **engage** can do for you



**Expand  
Your Knowledge**  
Articles, Short Videos  
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**Work Toward  
Healthy Habits**  
Set Personalized goals  
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**Access Special  
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