



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)**

> 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
- Limit 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 (eHbA1c)



**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.

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**Sign up today!**

Go to [engageProgram.ca](https://engageProgram.ca)  
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



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