

**Weekly blood glucose chart**



Name: \_\_\_\_\_

Physician's name: \_\_\_\_\_

Medication types: \_\_\_\_\_

**Normal results for blood glucose readings**

➤ **Talk to your doctor about your specific glucose results**

Date	After breakfast	After lunch	After dinner	Other	Insulin/medication	Notes about day: (Skipped meals, exercise, food intake)
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
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	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	

Member Services 1-844-521-6941 (TTY 711)

[www.myhealthybluel.com](http://www.myhealthybluel.com)

Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 1-844-521-6941 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su atención médica? ¿Necesita ayuda para leer lo que le enviamos o para hablar con nosotros? Llámenos al número gratuito 1-844-521-6941 (TTY 711) para conseguir esta información sin costo en otros idiomas o formatos.

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