

98 150
85 132
118

Renewing my commitment (Maintenance)

Can you imagine yourself keeping your diabetes under good control?

How will you make sure you maintain good control? _____

Check any that apply and/or add your own.

- I will continue to use the results to make changes.
- I will bring the results to visits with my healthcare team.
- I will check my blood sugar more often.
- _____

**Keep up the good work.
Keep choosing health.**



La Clínica

Preventive Medicine
1515 Fruitvale Avenue
Oakland, CA 94601
www.laclinica.org



Lumetra

Brighter insights. Better healthcare.
One Sansome Street
San Francisco, CA 94104
www.lumetra.com

Joan Thompson, PhD, MPH, RD, CDE
jthompson@laclinica.org

La Clínica de La Raza is a grantee of the Diabetes Initiative, Advancing Diabetes Self Management, a national program of the Robert Wood Johnson Foundation.

The enclosed material was prepared and assembled by Lumetra, California's Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contract number HHS-500-200-CA02. The contents do not necessarily reflect CMS policy. 8SOW-CA-1D2-06-09

Checking your blood sugar

Stage of change	Action and Maintenance
4	



This pamphlet is for you if you have been checking your blood sugar regularly for at least one month (action), or for more than six months (maintenance).

M	T	W	T	F
2	✓3	✓4	5	6
9	10	11	12	✓1
16	17	18	19	✓2

How am I doing with my goal? (Action)

Let's review how you did last week.

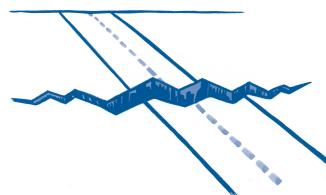
What is your goal?

Draw an "x" through the days of the week that you measured your blood sugar.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

How did you use the results?

- I made changes in my exercise.
- I changed the way I eat.
- I asked the doctor to consider changes in my medicines.
- I adjusted my insulin.
- I brought the results to my last doctor visit.



Looking at relapses (Action/Maintenance)

Was there a day when you did not check your blood sugar? What gets in the way of achieving your goal?

It is helpful to look at this as a learning experience. Here are some questions to ask yourself.

How did I do?

How had my routine changed?

What made it difficult for me?

What can I do differently next time?



Whom do I need for support? (Action/Maintenance)

To keep on track, you need people who can support you. Who can help you?

How can that person help you?

A good way to stay motivated is to become a role model for someone else. Do you know anyone who needs encouragement to check their blood sugar?

What could you do to help them get started?