How to Contact Us?

BD Consumer Services is available to answer your questions Monday thru Friday, 9 am - 5 pm Eastern Time. Call toll-free in US: 1-888-BDCARES (1-888-232-2737)*
or visit our website at www.bddiabetes.com

*NOT FOR EMERGENCY OR MEDICAL INFORMATION

Blood Sugar Diary Reorder Form
Please answer the following questions and we will send you two free diaries to record your results.*

1. Select one:
   - I have diabetes
   - Friend/family member has diabetes
   - I am a healthcare professional
   - I have a pet with diabetes
   - Other (please specify)

2. What insulin injecting devices are used on a daily basis? (Check all that apply.)
   - 1cc syringe
   - 1/2 cc syringe
   - 3/10 cc syringe
   - Reusable Insulin Pen w/cartridges
   - Disposable Prefilled Pen
   - Needleless injector
   - Pump
   - I do not inject insulin
   - Other (please specify)

3. How many times /day do you usually test your blood sugar?
   - Less than 1 time per day
   - 1 time per day
   - 2 times per day
   - 3 times per day
   - 4 times per day
   - 5 or more times per day
   - I do not test
   - When I feel I need to

4. If an insulin syringe or pen needle is used, what brand of needles do you use most often?
   - Syringes: (Check only one.)
     - BD™
     - Monoject®
     - Precision™ Sure-Dose™
     - Reli-On™
   - Pen Needles: (Check only one.)
     - BD™
     - NovoFine®
     - Other
   - I do not inject insulin
   - I do not use a pen.

   (please specify)

   (please specify)

Check this box if you do not wish to receive mail from BD.
Check this box if you do not wish to receive email from BD.

Name ________________________________
Address ________________________________
City __________________________ State ______ Zip ___________
Phone ________________________________
E-mail Address __________________________

Important Note: BD values your privacy and does not provide the names of its consumers to other companies.

*Reorder form applicable in US only.

PLEASE ALLOW 6 WEEKS FOR DELIVERY
This diary belongs to:

Name_____________________________________________________
Address_____________________________________________________________________
City____________________________ State_____ Zip______________
Telephone_________________________________________________

This diary covers the period from: ___ / ___ / ___ to: ___ / ___ / ___

Near normal blood sugar range before eating is: 80 – 120 mg/dl
Near normal blood sugar range 2 hours after eating is: 100 – 140 mg/dl

My target blood sugar range:

Before eating     From:____________   To:____________
2 hours after eating     From:____________   To:____________

This diary will help you keep accurate records of your blood sugar results, so that you can manage your diabetes more easily.

By making a habit of recording each result, you will see how your body reacts to your insulin, and how different foods and activities affect your blood sugar levels.

The diary provides space for recording your daily insulin injections, blood sugar results, and any notes you may want to make. It will also make you aware of any major changes in your blood sugar levels during a given day or week, and help you find the possible causes. For example, if you are less active than usual on a given day, a blood sugar check can tell you that you need to lower your food intake to avoid a high blood sugar level. With a little practice, you'll be able to understand the effects of insulin, foods, and exercise on your blood sugar levels, and by working with your doctor or nurse educator, you'll learn how to make adjustments that will keep you in your target blood sugar range.
### How to Use the Blood Sugar Diary

To fill out the diary, simply write your blood sugar results in the box marked Blood Sugar. List the amount and any changes in insulin taken in the box marked insulin. Write down any types of special or unusual foods you have eaten, the times and types of exercise, and also any sickness and urine results for ketones, in the comments section. Also note your feelings, low blood sugar reactions, and general health. “Good Control” – keeping your blood sugar levels in a range that you and your doctor have agreed upon (usually “near the normal range”), can become a routine part of your life and help you feel better every day.

### Sample Logbook Entry

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Bedtime</th>
<th>Night</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>04/29</td>
<td>before 106</td>
<td>after 100</td>
<td>before 240</td>
<td>after 180</td>
<td>15h</td>
<td>ate lunch out</td>
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<tr>
<td>Tue</td>
<td>04/30</td>
<td>before 5h</td>
<td>after 140</td>
<td>before 8h</td>
<td>after 120</td>
<td>15h</td>
<td>ran 30 min, ate larger snack</td>
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<tr>
<td>Wed</td>
<td>05/01</td>
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<td>after 130</td>
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