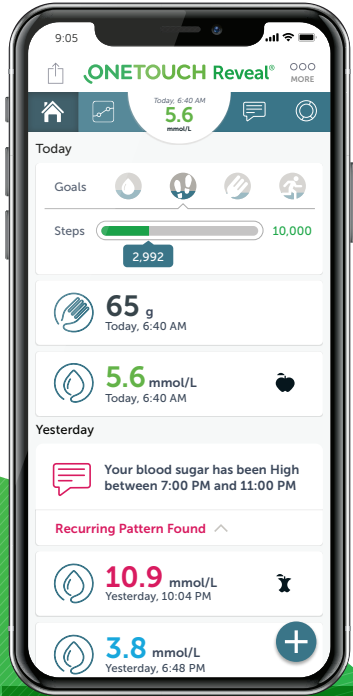




My logbook

ONETOUCH®



Download the free OneTouch Reveal® Mobile App now!



If you find this logbook, please return to:

Name _____

Address _____

Phone _____

I have diabetes. In case of emergency, please call:

Name _____

Address _____

Phone _____

My diabetes care team:

Doctor _____

Phone _____

Diabetes Educator _____

Phone _____

Hospital _____

Phone _____

Pharmacist _____

Phone _____

Dietician _____

Phone _____



Creating a world without limits

Why test your blood glucose (sugar)?

To help you and your health care professional adjust your treatment when necessary.

What are my blood glucose targets?

Time	My target range
 Before meal	
 2 hours after meal	
 Bedtime	
Other times	

Frequency of blood glucose testing

Before breakfast _____ times a week

After breakfast _____ times a week

Lunch _____ times a week

After lunch _____ times a week

Dinner _____ times a week

After dinner _____ times a week

Bedtime _____ times a week

Following situation _____ times a week

Be sure to talk to your healthcare professional about the range limits that are right for you. And don't forget to write them down to help you make decisions based on your results.

Tips for people with DIABETES

On our website www.OneTouch.XX you can find information with practical tips for your day-to-day life on nutrition, physical exercise, hypoglycaemia... and much more!

MORE INFORMATION

Scan



Diabetes Tips

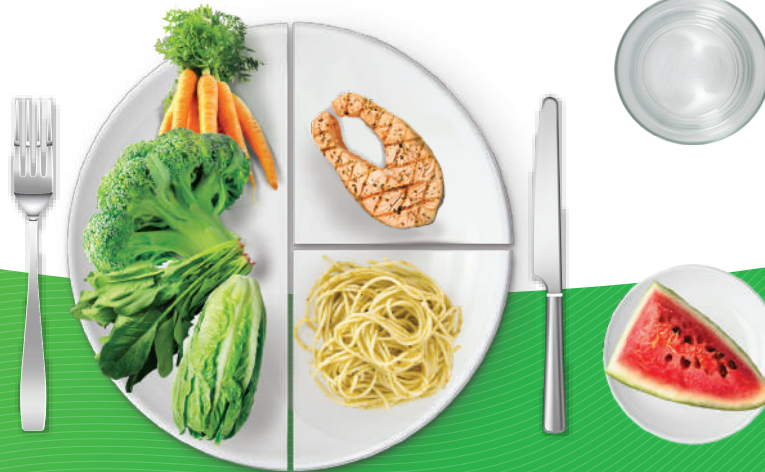
Practical portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:

They're always with you, and they're always the same size!

How much vegetables?

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or orange).



How much fruit?

Choose an amount the size of your fist for fruit.



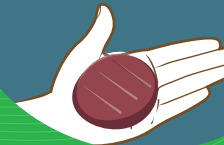
How many Grains and starches?

Choose an amount the size of your fist for grains or starches.



How much meat or fish?

Choose an amount the size of the palm of your hand and the thickness of your little finger.



Canadian Diabetes Association (CDA) Portion Guide: your hands can be very useful in estimation portions.

Online version accessed January 10th 2022 @ <https://www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/portion-guide>

ONETOUCH[®]

How to use your logbook

Week of

8/9

1



Before meal



After meal






















Insuline/medicine






Bedtime



Early morning

	Breakfast 			Lunch 			Snack 		Dinner 			Nighttime 		
Day			 3											
Mon-day	3.9	2	6.8	6	6.7	8.9	8			10.0	11.7	4		
Notes:	Pizza for Lunch, Pasta for Dinner 5													

Use this test booklet to help you learn how diet, medication and exercise can affect your blood glucose. Then make healthy choices every day to better manage your diabetes. Here's how to work with your booklet:

- 1 Fill the date in
- 2 When you test your glucose before and after meals, write down the results before eating in the column  and the results after eating in the column 
- 3 Write down the amount of any medication given or taken (insulin and/or other diabetes drugs), in the column 
- 4 When your result is high or low, circle it so you can see it easily
- 5 Use the comments section to highlight important things such as meals, exercise or stress

Contact us:



0800 121 200 (UK)

1800 535 676 (Ireland)

Call OneTouch® Customer Care












Lines open Monday-Friday 9am - 5pm









www.myonetouch.ie (Ireland)

www.myonetouch.co.uk (UK)








Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														









Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

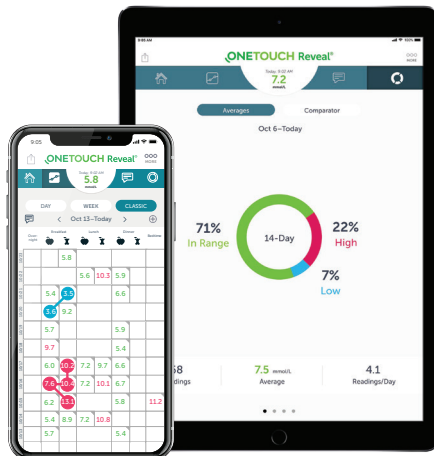
Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														







✔ Are you tired of using pen and paper to record your blood sugar levels?

Download the OneTouch Reveal® Mobile App on your smartphone or tablet. The OneTouch Reveal® app with ColourSure® technology transforms data into quick visual snapshots that allow you to dive into personalized dashboards that connect your blood sugar with food, insulin and activity.








📲 Download the OneTouch Reveal® mobile app for free



























Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														

Note:

Tuesday														
---------	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Note:

Wednesday														
-----------	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Note:

Thursday														
----------	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Note:

Friday														
--------	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Note:












Saturday														
----------	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Note:







Sunday														
--------	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Note:

Week of _____

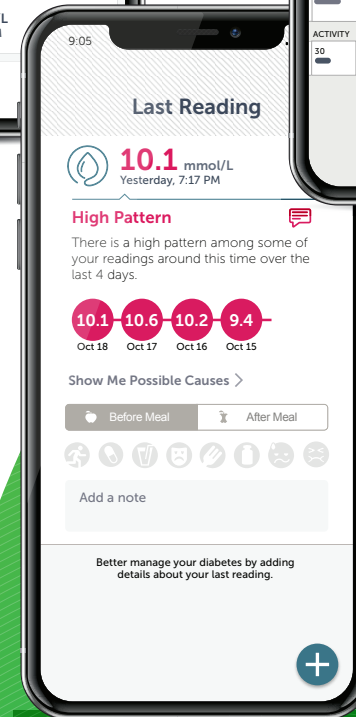
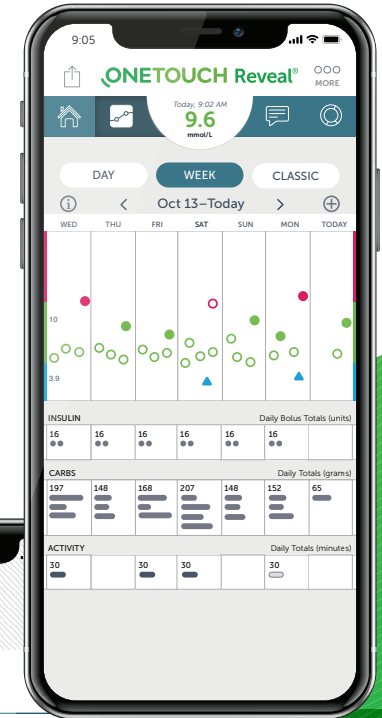
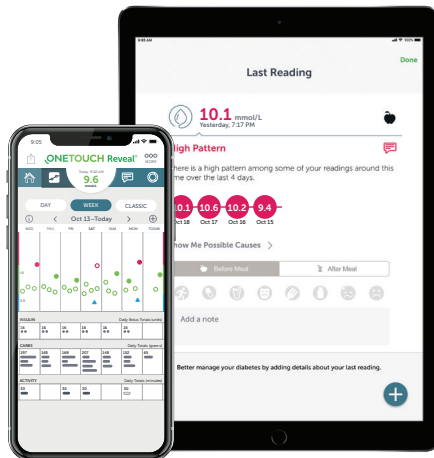
	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

Week of _____









	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

✔ The **OneTouch Reveal® mobile app** with ColourSure® technology, effortlessly transforms results into quick colour snapshots, and a visual logbook, on your smartphone!












📲 Download the OneTouch Reveal® mobile app for free









Week of _____


	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														


Week of _____

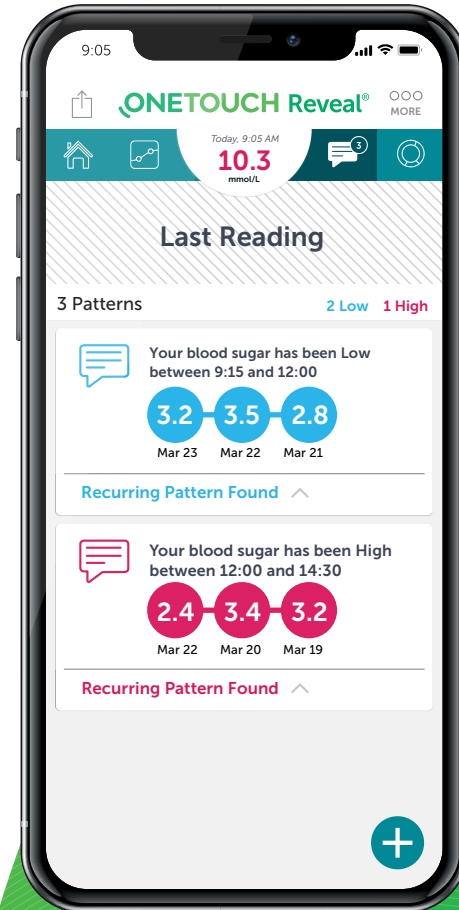
	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

Week of _____








	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

 **The OneTouch Reveal® mobile app** with ColourSure® technology makes it easy to see your patterns to help you manage diabetes.











 Download the OneTouch Reveal® mobile app for free









Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														









Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

Week of _____


	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

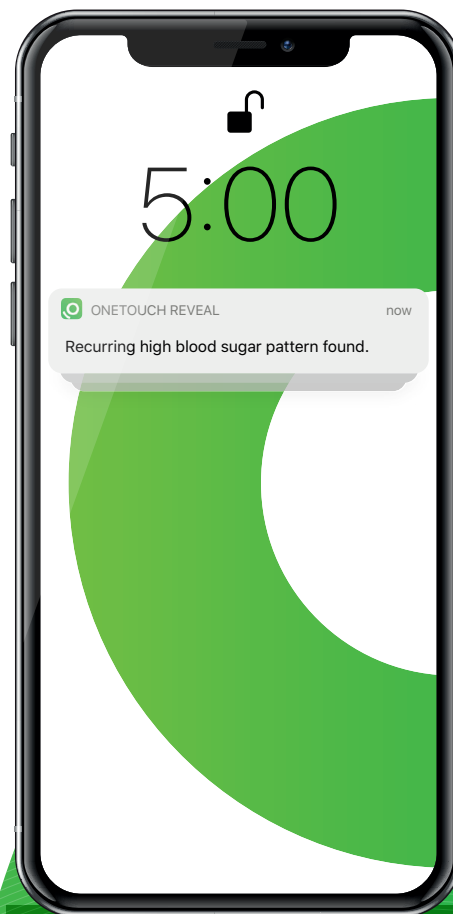
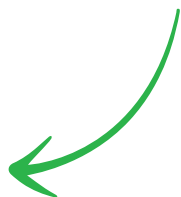
Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														







 **Do you sometimes forget to run a test for your blood sugar levels?**

Get push notifications from the **OneTouch Reveal® Mobile App**. Set personalized reminders to stay on top of patterns, meds, food and exercise to manage your diabetes.








 Download the OneTouch Reveal® mobile app for free










Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														











Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

✔ Did you forget your logbook at home, again? Your healthcare team might have needed it for your appointment. But don't you worry, we got you covered...

Sync your meter with the **OneTouch Reveal® Mobile App** via Bluetooth and track your progress on the go.

📲 Download the OneTouch Reveal® mobile app for free











Don't forget to register your OneTouch® meter today at www.myonetouch.ie / www.myonetouch.co.uk











Bluetooth®














Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														

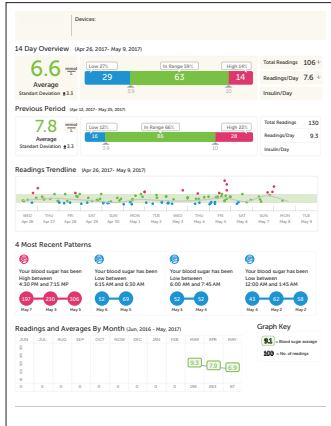
Week of _____

	 Breakfast 	 Lunch 	 Snack 	 Dinner 	 Nighttime 									
Day														
Monday														
Note:														
Tuesday														
Note:														
Wednesday														
Note:														
Thursday														
Note:														
Friday														
Note:														
Saturday														
Note:														
Sunday														
Note:														


Now that you've finished your logbook, you can request another from your Healthcare Professional, send an e-mail or call our Customer Care, or download/order it from our website.

If you have decided to use our OneTouch Reveal® Mobile App, we advise sharing your results with your healthcare professional.

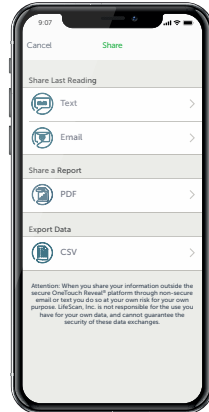
Reports can be printed to have them ready on the next visit, helping you to see your progress.



View and share your progress reports with your family, or your healthcare team

Click  to see the report of your blood glucose results and share it with your healthcare professional.

If you have an Android mobile device, press 



Ask your healthcare professional for their clinic code to get connected with them!

Enter the clinic code provided by your HCP inside the **OneTouch Reveal® Mobile App**



Press  if you have an Android mobile device



Clinic Code
Supplied by your healthcare team

Apple, App Store, and the Apple Logo are trademarks of Apple Inc. registered in the U.S. and other countries.

Google Play and the Google Play logo are trademarks of Google LLC.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by LifeScan Scotland Ltd. and its affiliates is under license. Other trade-marks and trade names are those of their respective owners.



0800 121 200 (UK)

1800 535 676 (Ireland)

Call OneTouch® Customer Care
Lines open Monday-Friday 9am - 5pm



www.myonetouch.ie (Ireland)

www.myonetouch.co.uk (UK)

Exclusively for users of OneTouch® products