



# Managing Blood Glucose Levels Effectively

Many people who live with diabetes come to rely on several devices for their daily routines. Among them: their insulin, their needles, and their blood sugar meters.

People living with diabetes can maintain their quality of life by adapting a detail-oriented approach to making accurate measurements, administering correct dosages, and following up with an appropriate diet. Additionally, they can improve their success by upgrading the tools available to them.

Blood sugar monitors are now smarter devices: able to display, track, and compare target blood sugar values in timesaving and intuitive ways.

Being able to determine whether they are above or below their target ranges with relative ease is the goal for patients and their healthcare providers. The OneTouch Verio Flex™ blood glucose meter helps patients take the guesswork out of their blood glucose numbers with an on-screen arrow pointing to a simple colour range indicator.



If you are struggling with your diabetes, straining to make accurate measurements, or simply are looking to ease the inconvenience of daily blood sugar maintenance, it may be time to look into updating your personal diabetes toolkit. Consult your doctor, visit your local pharmacy, or click the link below for the story of one woman's experience with her diabetes, and which tools aided in improving her day-to-day life.

