



BLOOD SUGAR QUICK REFERENCE GUIDE

You know yourself and your treatment plan best. If you feel off, typical self care is to follow the plan your doctor gave you. If you don't remember your doctor's guidance, contact your doctor and notify your health plan's nurse case manager. In case of emergency, call 911.

Blood Sugar Reading

Hypoglycemia



BELOW
70mg/dL

Hyperglycemia



ABOVE
400mg/dL

The American Diabetes Association (ADA) suggests the following targets for blood glucose levels:

Before a meal:
80-130 mg/dL

1-2 hours after a meal:
less than 180 mg/dL



NourishedRx is not a substitute for professional medical advice, diagnosis, or treatment.

If you have clinical questions, reach out to your doctor.

If you have a medical emergency, call 911.



Nourished^{Rx}