Keeping your blood sugar controlled is important for keeping your kidneys and heart healthy. Writing down your blood glucose levels helps you and your doctor make sure your blood sugar is staying under control. Use this sheet to keep track of your blood glucose levels each day. Test your blood glucose level before and after meals and at bedtime and write down the level in the table below. Bring this sheet with you to your doctor appointments. If you have questions, call your doctor or reach out to the Healthmap Solutions Care Navigation team at **1-800-481-0474**.

DATE	BREAKFAST		LUNCH		DINNER		DEDTIME
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	BEDTIME

Healthmap Solutions is a Kidney Population Health Management company that works with doctors and their patients to improve care for people with kidney disease. To learn more about Healthmap, contact us at **1-800-481-0474** or visit **patients.healthmapsolutions.com**.

BLOOD GLUCOSE LOG SHEET

DATE	BREAKFAST		LUNCH		DINNER		DEDEMA
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	BEDTIME

healthmap

1-800-481-0474 | patients.healthmapsolutions.com