

Why is Blood Sugar Monitoring Important?



1. Gives you a clear idea of your blood sugar level at a given time
2. Informs if you have hypoglycaemia (blood sugar too low) or hyperglycaemia (blood sugar too high) at a given time
3. Tells you how your lifestyle and medication regimen is affecting your blood sugar levels
4. Helps you and your diabetes healthcare team evaluate and determine the best management strategy for you