

Hi! I'm Raul and I have diabetes. Keeping track of my blood sugar is important.

This blood sugar log helps me do it. It keeps track of what I eat and what my sugar level was before a meal and after.

It has really helped me stay healthy and manage diabetes.



Doctor's Information

My Doctor's Name:
My Doctor's Phone Number:
My Medicine:
Special instructions for taking my medicine:

Questions to ask my doctor

What is my blood sugar goal? Fasting (before you eat anything for the day):
After I eat (wait 2 hours):
How often should I check my blood sugar?
What should I do if my blood sugar is too high?
What should I do if my blood sugar is too low?
Can my diabetes get worse?
Since I have diabetes do I need to take medicine to control it?
How important is it to change what I eat?
How important is it for me to exercise?
Do I need to see other doctors, like an eye or foot doctor?

Emergency Blood Sugar Level

If your blood sugar level is:

200 or more



See your primary care doctor or visit an urgent care today!

Ask your doctor if this number is right for you



1. Culinary Health Center

650 N. Nellis Blvd. Las Vegas, NV 89110 702-790-8000

2. Healthcare Partners

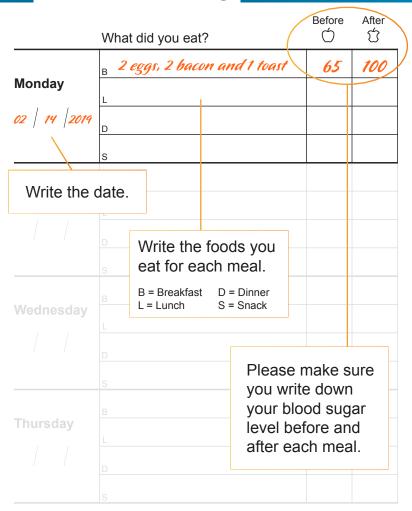
4880 S. Wynn Road Las Vegas, NV 89103 702-871-5005

3. Southwest Medical Associates

888 S. Rancho Drive Las Vegas, NV 89106 702-877-5108

For a complete list of Urgent Care locations visit our website at **www.culinaryhealthfund.org**, or call the Customer Service Office at 702-733-9938.

How to use this log



L = Lunch	S = Snack		
	What did you gat?	Before	
	What did you eat?		
Friday			
	В		
	tes section.		
	В		
Sunday			
	L		
	D		
	S		
Notes	S		
Notes	S		
Notes	S		

	What did you eat?	Before	After
Monday	B L D		
Tuesday	B L D		
Wednesday	B L D		
Thursday	B L D		

L = Lunch	S = Snack		
	What did you eat?	Before	After
Friday	B L D		
Saturday	B L D		
Sunday	B L D		
Notes			

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Notes			



Culinary Pharmacy I

1945 S. Las Vegas Blvd. Las Vegas, NV 89104

Tel: 702-650-4417 **Fax**: 702-369-5940

Monday - Friday

7am - 6pm

Saturday

7am - 2pm

Culinary Pharmacy II

650 N. Nellis Blvd. Las Vegas, NV 89110

Tel: 702-963-9400 **Fax**: 702-963-9401

Monday - Friday

7am - 9pm

Saturday and Sunday

7am - 5pm

Advocacy Line: 702-691-5665

Culinary Health Fund | 1901 South Las Vegas Blvd., Suite 107 | Las Vegas, NV 89104