Anthem BlueCross BlueShield

- **Talk to your doctor about your specific glucose results**

Weekly blood glucose chart

Name: _____

Physician's name: _____

Medication types: _____

Normal results for blood glucose readings

Date	After breakfast	After lunch	After dinner	Other	Insulin/medication	Notes about day: (Skipped meals, exercise, food intake)
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	
	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	Glucose: Time:	

Member Services and 24/7 NurseLine:
Hoosier Healthwise and Healthy Indiana Plan: 1-866-408-6131
Hoosier Care Connect: 1-844-284-1797
TTY: 711

www.anthem.com/inmedicaid

Serving Hoosier Healthwise, Healthy Indiana Plan and Hoosier Care Connect

Call for free translation/Llame para una traducción sin costo: 1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan); 1-844-284-1797 (Hoosier Care Connect); TTY 711.

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