

Diabetes and blood glucose testing – What do the numbers mean?

Transcript: Introduction

(Dr. Renee Page)

This resource is for people with Diabetes and others who want to understand blood glucose levels.

These reusable learning objects will give you some tips on how to manage your blood glucose levels.

The RLOs are very visual and interactive, you will not have to read much text and you will be able to choose to listen to the audio in English, Urdu or Polish.

Remember though that your diabetes team are there to help you understand and manage your blood glucose levels, contact them when you need support.

In this RLO, you will learn about what a healthy blood glucose level is, and what the numbers mean?