

TAKE THE LOW BLOOD SUGAR CHECK

Has your blood glucose level ever dropped below 4 mmol/L in the past 3 months?	Yes	No
Have you experienced shaking, sweating, dizziness, tiredness, or headaches?	Yes	No
Have you experienced low blood sugar during the night?	Yes	No
Have you experienced nighttime low blood sugar which may have presented as nightmares or waking up at night for unexplained reasons?	Yes	No
Are you frequently snacking to prevent or treat low blood sugar?	Yes	No
Is the possibility of experiencing low blood sugar often on your or your family's mind?	Yes	No

If you answered “yes” to any of the above questions, speak with your healthcare professional. There are ways to help manage your risk of hypoglycemia.

