

My blood sugar tracker

Use this chart to record your blood sugar tests. Check your blood sugar as often as your doctor tells you to. You can print copies of this chart as needed.

Date	Time	Below normal (less than 80)	Normal (80 to 140)	Above normal (above 140)

















Medicare and more

Blue Care Network, BCN Service Company and Blue Cross Complete of Michigan are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association. BCN provides health management programs on behalf of BCN Service Company, Blue Cross Complete and BCN Advantage members. You must receive all routine care from plan providers.