

## Why is SMBG important for people with diabetes?

Self-monitoring of blood glucose (SMBG) enables better blood glucose control, which decreases the long-term risks of diabetic complications. It allows patients to track their blood glucose levels anytime, which helps prevent the immediate and potentially serious consequences of very high or very low blood glucose levels. Self-monitoring your blood glucose levels is one of the best ways to examine how well a diabetes treatment plan is working for you.

## How often do you need to test?

SMBG Frequency Treatment Regimen	Blood Glucose Level	At Target	Above Target
Multiple daily injections or insulin pump		> 3-4 times/day	> 3-4 times/day
Oral agents or once-daily insulin		> 1 time/day + 1 profile*/week	> 2 times/day
Oral agents plus once-daily insulin		> 1 time/day + Frequent profiles	> 2 times/day
Non-pharmacologic therapy		> 1 profile/week	> 1 profile/week

\* A collection of pre- and post-meal glucose test results over a 7-day period.  
Ref.: The American Journal of Medicine (2005) Vol 118 (Suppl 9A), 1S-6S

## What is your blood glucose target level?

The table below shows tight diabetes control targets, which are the normal target levels for nondiabetics that have been recommended by ADA. Aiming to control the glucose levels as close as possible to the numbers below will help the diabetic to prevent complications. It is important to set your individual goals with your health care provider.

Fasting, Before Breakfast	1-2 Hours After Breakfast	Before Lunch	1-2 Hours After Lunch	Before Dinner	1-2 Hours After Dinner
3.9-5.6 mmol/L	< 7.8 mmol/L	3.9-5.6 mmol/L	< 7.8 mmol/L	3.9-5.6 mmol/L	< 7.8 mmol/L
70-100 mg/dL	< 140 mg/dL	70-100 mg/dL	< 140 mg/dL	70-100 mg/dL	< 140 mg/dL

Please consult your health care provider for your blood glucose target ranges.  
Ref.: Diagnosis and Classification of Diabetes Mellitus, ADA DIABETES CARE, 2011 (01 2011 ) VOL34, SUPPLEMENT 1



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# Better Design for Better Health Care

**On-Call EZ II**  
Blood Glucose Monitoring System

## Accurate and reliable results

- Glucose Oxidase (GOD) enzyme has no interference with non-glucose sugars, such as maltose and galactose, and therefore will not produce falsely elevated blood sugar results.
- Clinically proven accuracy

## Compact and stylish design



Specially designed case for easy carrying and storage.

The smart case allows you to carry your meter everywhere, test your blood glucose regularly, and it stores easily.



**On-Call EZ II**  
Blood Glucose Monitoring System

Distinct orange port for easy test strip insertion.

The bright orange port clearly indicates the location for the test strip insertion.



One button for easy testing

Easy 2-step testing using one button



- Turn on the meter by inserting a test strip.
- Apply a tiny blood sample, and the result will appear on the display within 10 seconds.