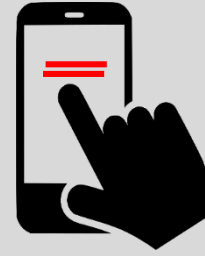




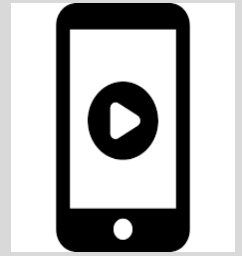
Open



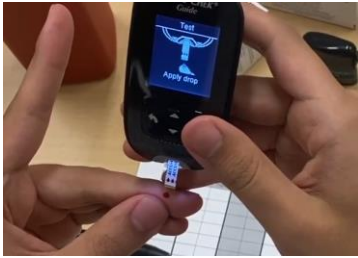
Focus



Tap



Watch



How do I use my Guide meter?



[Bit.ly/Guide-Eng](https://bit.ly/Guide-Eng)



What can I eat?



[Bit.ly/Carbs1-Eng](https://bit.ly/Carbs1-Eng)



[Bit.ly/Carbs2-Eng](https://bit.ly/Carbs2-Eng)



What about drinks?



[Bit.ly/SugaryBeverages](https://bit.ly/SugaryBeverages)



How can insulin help me?



[Bit.ly/InsulinIntro-Eng](https://bit.ly/InsulinIntro-Eng)



[SfgHdiabetes.org](https://SfgHdiabetes.org)