

New innovation for Type 1 Diabetes

Are you on Multiple Daily Injections (MDI) of insulin?

Do you use a long acting insulin analogue?

Do you adjust your bolus insulin based on the carbohydrates in your food?



My bolus = carbs x carb ratio
 (morning ratio) + BG x sensitivity
 ratio (morning ratio) - active insulin
 +/- lifestyle factors
 ++ stress!!!

If so please read on...

When calculating your insulin bolus, do you consider the following factors?



What is my blood glucose reading?

How many carbs am I eating?

How sensitive am I to insulin?

How much insulin have I taken recently?

What is my carb to insulin ratio?

How long does my insulin last?

What time of day is it?

How quickly does my insulin work?

Have I exercised?

Am I stressed or unwell?

Accu-Chek Aviva Expert can help...

Accu-Chek Aviva Expert

The first bolus advisor system for people using MDI

Makes calculating your insulin bolus...
Easy, Safe, and Accurate

3 simple steps towards optimising your diabetes control...

1 Test blood glucose **2** Enter carbs **3** Receive bolus advice

Helps you to¹...

- Easily calculate the correct Insulin Bolus
- Act with confidence on your blood glucose results
- Achieve treatment targets and avoid hypo's

If you would like to know more about Accu-Chek Aviva Expert, please talk to your diabetes specialist nurse today.

1. Accu-Chek Aviva Expert Early Access Programme, 2010. Data on file.

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