

## Recommendations to optimally manage your diabetes

- Aim to have blood sugar levels **between 4.0 and 7.0mmol/L** before your meals.
- Measure your blood sugar levels at least on **3 non-consecutive days** in the week.
- The best time to test your blood sugar is before you take your breakfast.
- You are also recommended to test your blood sugar 2 hours after your meals.
  - readings should be below 8.5 mmol/L if you have type 2 diabetes.
- Aim to take **8,000 steps** every day.
- Take your diabetes medication(s) as recommended each day.
- The Site Study Coordinator will note in the table below when you should take your medication:

Name of diabetes medication	Breakfast	Lunch	Dinner

## Fairness Payment

- You will receive a fairness payment of \$75 at the end of the study if you fulfill all study requirements, irrespective of following the recommendations.

### Additional information

- Your first monitoring assessment period will start the day after your Baseline visit. This monitoring period will be for 84 days.
  - Your second monitoring assessment period will start the day after your month 3 visit. This monitoring period will also last 84 days.
  - Please bring the 3 study devices (Fitbit, eCAP and glucometer) to your Month 3 and Month 6 assessments.
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- You will receive \$15 when you join the study, \$15 for completing the Month 3 Visit, and \$15 for completing the Month 6 Visit.
  - Payments will be made in the form of NTUC vouchers.
  - You will be required to return the Fitbit and eCAP at the end of the study. Participants who do not have their own glucometer and are given a glucometer at the beginning of the study may keep the glucometer after the study has finished if they wish.