

TRANSCEND™

Patient Hypoglycemia Action Plan

Helps patients choose the right amount of glucose for their lows without overthinking it.



STEP 1

What is my blood sugar right now? Know your number before you act—treatment decisions start here.

STEP 2

Which direction is my blood sugar trending? Dropping fast requires a different response than a slow, stable low.

STEP 3

What is influencing it? Recent activity, insulin on board, time of day, and last meal all affect how your body will respond to treatment.



Scenario 1: *The After-Workout Low*

You finished a 45-minute walk an hour ago. Your CGM reads 68 mg/dL and shows a diagonal down arrow. Your last insulin dose was 4 hours ago.

- What is my blood sugar?
- Which direction is my blood sugar trending?
- What is influencing it?



Scenario 2: *The Middle-of-the-Night Low*

You wake up at 2 AM feeling shaky. Your meter reads 54 mg/dL. You haven't eaten since dinner and have no recent insulin on board.

- What is my blood sugar?
- Which direction is my blood sugar trending?
- What is influencing it?



Scenario 3: *The Stacked Low*

You treated a low 20 minutes ago but still feel shaky. Your blood sugar is now 74 mg/dL and holding steady.

- What is my blood sugar?
- Which direction is my blood sugar trending?
- What is influencing it?