Health First Health Plans

Blood Glucose and Insulin Log

Date	Breakfast		Lunch		Dinner		Bedtime		Comments
	Blood Glucose (fasting)	Insulin Dose	Blood Glucose	Insulin Dose	Blood Glucose	Insulin Dose	Blood Glucose	Insulin Dose	

Health First Health Plans is an HMO plan with a Medicare contract.
Enrollment in Health First Health Plans depends on contract renewal.
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