

**Day 1 @ 7:00**

Hi, each day I'll remind you to send in your blood glucose reading eg BG 6.2, please send in your latest result.  
Thanks Flo

**Everyday @ 7:00**

Good morning. Could you please take your readings today BEFORE each meal and text them back. e.g. "BG 5.1"  
Thanks Flo

**Reminder 180mins later**

Hi again, I've noticed you haven't sent in your readings. Could you please take them BEFORE each meal and text them back. e.g. "BG 5.1" Thanks Flo

**Readings within desirable range**

Thanks, your readings have been received and look good, keep up the good work, Flo

**Readings above desirable range**

Thanks, your readings are a little high today, try to follow the advice on diet and some gentle exercise, Flo

**Readings below desirable range**

Thanks for the reading. You are hypo. Treat with glucose as advised and re-check your Blood Glucose after 5 minutes. DON'T DRIVE FOR 45minutes.  
Thanks Flo.