

**Appendix B Rank definition of different frequency of blood glucose monitoring**

Rank	Frequency
1	Almost no testing
2	Once every 6-12 months
3	Once every 3-6 months
4	Once every 1-3 months
5	Once every 2-4 weeks
6	Once every 1-2 weeks
7	Once every 3-7 days
8	Once every 1-3 days
9	Once a day
10	Many times a day