

more of the bG measurements is moderately outside the recommended range, then the advice can recommend dietary changes to assist the user in obtaining future bG measurements within the recommended range. The advice can also provide positive feedback to the user if the bG measurements are within the recommended range and no dietary or insulin dosage changes are needed.

[0105] Docking device **50** can also be operable to record, store, manage and organize information regarding the user's dietary and daily routines and other aspects of the user's health. As illustrated in FIG. 9 for example, docking device **50** includes an audio recorder **82** and an image capture device **84**. Image capture device **84** can be a digital camera or a video camera. Processor **78** is connected to recorder **82** and device **84** and is operable to process input from recorder **82** and device **84** and record it in memory **76**. In FIG. 9, docking device **50** is positioned adjacent to a meal M where device **84** can capture an image of meal M and a user can record narrative details of the meal M with recorder **82**. It should be appreciated however that recorder **82** and device **84** can be used for recording information that is not related to meals of the user. For example, details regarding exercise activities performed by the user could be captured by recorder **82** and/or device **84**. In addition to recorder **82** and device **84**, it is contemplated that the user can enter additional dietary and daily activity details as well as general health related details into memory **76** with user entry means **68**. For example, nutritional information of the food which the user consumes could be entered with user entry means **68** and stored in memory **76**. Examples of nutritional information that could be entered with user entry means **68** can include numerical values for caloric and carbohydrate intake. In one form, it is contemplated that the carbohydrate value could be further broken down into values for sugar and fiber intake. To assist with entering the nutritional information, docking device **50** can be provided with a food database which is navigable with entry user means **68** to determine the nutritional information of specific foods consumed by the user. It is also contemplated that details regarding activities performed by the user could be recorded. For example, if the activity was some sort of exercise, details regarding the length and difficulty of the exercise could be entered. Still, further examples of information that could be recorded and stored in memory **76** include the user's weight and non-insulin medications. In one or more forms, processor **78** is operable to record and associate relevant time and date details with the information that is stored in memory **76** regarding the user's dietary and daily routines and other aspects of the user's health.

[0106] In a further embodiment, processor **78** is operable to access the information that is stored in memory **76** regarding the user's dietary and daily routines and other aspects of the user's health and generate an interactive diary log of such information. Processor **78** is also operable to display the diary log on display **70**. It is also contemplated that insulin dosage information and bG measurement data can be incorporated into the diary log generated by processor **78**. One example of a diary log displayed on display **70** is illustrated in FIG. 10. The diary log provides details, including the time, of performance of certain recorded events during the period which is displayed, which happens to be one day. However, it should be appreciated that the diary log could be configured to provide information for shorter or longer periods of time. Entries for three meals and one sport activity are illustrated in FIG. 10. Additionally, the calories consumed at each meal as well

as the total number of calories consumed during the displayed day are provided. The diary log also includes a number of icons which can be selected by the user with user entry means **68** to reveal additional information. For example, when a user selects the volume icon **94**, a voice recording is played. In the illustrated embodiment, the voice recording is displayed in dialogue box **90** and corresponds to the narrative description of meal M that was recorded by the user with recorder **82**. As another example, when a user selects the camera icon **95**, an image or a video is provided. In the illustrated embodiment, the image is provided and displayed in graphic box **92** and corresponds to the image of meal M that was captured by the user with device **84**. In yet another example, a user can select the "Meal" and "Sport" icons to review additional information which has been entered regarding these events, even if such information was not recorded with recorder **82** or device **84**. It should be appreciated that the diary log can provide additional information beyond that illustrated in FIG. 10. For example, in one form, an indication of the total amount of carbohydrates consumed within a period of time can be provided. As another example, the collective amount of time the user spent performing certain activities, such as exercise, can be provided.

[0107] Processor **78** may be further operable to provide textual and graphical representations of the nutritional information stored in memory **76**. For example, the representations could depict the amount of carbohydrates or calories that the user consumes within a period of time, such as a day, week or month, just to provide a few examples. The representations may include any one or combination of xy-graphs, bar graphs, data plots, pie charts, or other suitable graphical representation to represent the nutritional information. It is further contemplated that the representation could display the nutritional information in combination with one or both of the bG measurement data and the insulin dosage data recorded in memory **76**.

[0108] It is also contemplated that docking device **50** could be provided with educational or training programs designed to assist the user in developing and following a diabetes management program. Among other things, the programs can provide basic educational information on diabetes, bG measuring and analysis, and the interplay between dietary habits and intake and proper diabetes management. In one form, the training programs can be provided in the form of a video. For example, as illustrated in FIG. 11, a media player showing a video on bG levels is provided on display **70**. User entry means **68** can be utilized to control the video played by the media. For example, in response to input by user entry means **68**, processor **78** is operable to activate one of the play **96**, pause **97**, stop **98** and volume **99** controls which operate the media player such as shown in FIG. 11.

[0109] It is further contemplated that docking device **50** could be provided with audible assistance with data management, such as is described in one or more of the following U.S. Patent Application Publications, the disclosures of which are incorporated herein by reference in their entireties: US 2006/0277048; US 2008/0172235; and US 2008/0243758.

[0110] As indicated above, it is contemplated that bG meter **20** can be coupled with a PC. Additionally, docking device **50**, either alone or with bG meter **20** positioned in internal receptacle **64**, can also be coupled with a PC through a wired or wireless connection. The PC includes software which interacts with bG meter **20** and docking device **50** and is operable