

# My Diabetes Management Guide

## Green Zone: Great Control

- Your HbA1c goal is less than 7
- Average fasting blood sugars are between 80-130
- You are able to do your normal activities

## Green Zone Means

- Your blood sugars are under control
- Continue taking all medications as ordered
- Continue routine blood glucose monitoring
- Follow healthy eating habits
- Keep all doctor appointments

## Yellow Zone: Caution

- HbA1c between 7 and 9
- Most fasting blood sugars are less than 180
- You have some signs/symptoms of high or low blood sugar
  - Low: headache, hunger, irritability, blurred vision, sweating
  - High: increased thirst, urination, blurred vision, headaches, decreased concentration, sleepiness, confusion



**Call your healthcare provider if you are going into the **YELLOW** zone**

## Yellow Zone Means

- You may need changes in your medication
- Improve your eating habits

**Call your doctor, nurse or go to an urgent care center:**

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

## Red Zone: Medical Alert

- HbA1c greater than 9
- Most fasting blood sugars are over 180
- You have many signs/symptoms of high or low blood sugar
  - Low: headache, hunger, irritability, blurred vision, sweating
  - High: increased thirst, urination, blurred vision, headaches, decreased concentration, sleepiness, confusion



**Call your doctor immediately if you are going into the **RED** zone**

## Red Zone Means

- You need to be seen right away. If you have a blood glucose over \_\_\_\_, follow these instructions:

\_\_\_\_\_

**Call your doctor right away:**

Doctor: \_\_\_\_\_

Number: \_\_\_\_\_