

## GREEN ZONE

### I'm doing well.

- I'm maintaining a healthy weight.
- My A1C level is less than 7 percent.
- My blood sugar level is between 80-130 mg/dL.
- I'm able to be physically active.
- I don't feel anxious or depressed.

### How I'll prevent symptoms today:

- I will choose foods lower in calories, saturated fat, trans fat, sugar and salt.
- I will try to be physically active.
- I will check my feet for cuts, blisters, red spots or swelling.
- I will take my medications as directed.
- I will log all my blood sugar readings.

## YELLOW ZONE

### I'm not feeling good.

- I'm having symptoms of low or high blood sugar.
- I have open wounds or redness, swelling and warmth of skin.
- My blood sugar has been above my goal for 3 days or more.
- My blood sugar is above 400mg/dL.
- My diabetes medications are not helping reduce my high blood sugar symptoms
- I have more ankle swelling than usual.

### Caution! Take action:

- I will report these symptoms to my doctor or provider **TODAY**. If I cannot discuss with my doctor, I will visit a walk-in clinic.
- For low blood sugar, I will have 15 grams of carbohydrate to raise my levels, and recheck after 15 minutes.
- I will continue to take my regular medication.
- I will use these foods, beverages or glucose products to treat a low blood sugar using the 15-15 rule:

## RED ZONE

### I feel awful!

- I fainted or passed out.
- I am having a seizure.
- My blood sugar is staying under 70mg/dL even after treating with the 15-15 Rule more than 3 times within an hour.
- I tested for ketones in my urine and am seeing a moderate to large amount.

### Get help:

- **CALL 911 or seek medical care RIGHT AWAY.**
- While getting help, do this:

---

---

---

---

# Staying in the Green Zone

## Staying healthy: everyday actions

There are many actions you can do to help you stay in control of your condition and avoid issues. Follow these tips to create healthy habits that can have positive long-term effects on your overall health and wellness.

- Keep all doctor's appointments, even if you feel fine
- Be sure to have an A1C test two times a year
- Take your medications as directed, even when you feel good
- Keep a daily log of your blood sugars
- If you do not know how to use your meter correctly, call your care manager or primary doctor
- Check your feet everyday for cuts, blisters, red spots or swelling
- Keep your blood pressure at goal
- Avoid tobacco use. If you use tobacco, please contact your doctor or care manager to quit
- Try to get enough sleep
- If you feel stress, anxious or depressed, talk to your care manager or primary doctor. Stress can raise your blood sugar

## Eat well

- Choose foods that are lower in calories, saturated fat, trans fat, sugar and salt
- Drink water, sugar-free soda, or unsweetened iced tea
- Eat slowly and take a break between bites
- Do not skip meals — when you skip a meal, it's easy to overeat at the next meal

## Activity & Exercise

- Incorporate activity into your life but always approve new exercise programs with your doctor
- Try to be active most days of the week
- Maintain a healthy weight

## Once a year get a:

- Cholesterol test
- Complete foot exam
- Dental exam to check teeth and gums
- Dilated eye exam to check for eye problems
- Flu shot
- Urine and/or a blood test to check for kidney problems

# Avoiding the Yellow Zone

Learn how to identify low and high blood sugar symptoms and what to do when you experience them, so you can stay more in control of your condition.

## Low Blood Sugar

Symptoms of low blood sugar can include being sweaty, shaky, dizzy, anxious, nervous, upset, fast heart rate, headache, blurry vision, feeling weak, tired, hungry, trouble thinking, confused or irritable. If your blood sugar is below 70mg/dL and/or you have symptoms of low blood sugar, treat following the "15-15 Rule."

### The 15-15 Rule

Have 15 grams of carbohydrates to raise your blood sugar and recheck your blood sugar after 15 minutes. If your blood sugar is still below 70 mg/dL, have another serving. Repeat these steps until your blood sugar is at least 70 mg/dL.

### Foods to treat a low blood sugar using the 15-15 rule:

- 4 Glucose tablets
- Gel tube
- 4 ounces (1/2 cup) of juice or regular soda (not diet)
- 1 tablespoon of sugar, honey, or corn syrup
- Hard candies (about 5-7 pieces)

Once your blood sugar is back to normal, be sure to eat a meal or snack to avoid your blood sugar lowering again.

## High Blood Sugar

Symptoms of high blood sugar can include being very thirsty, frequent urination, sleepy, weakness, blurry vision. Other more serious symptoms include vomiting or diarrhea more than one time; an upper respiratory infection; fever; open wounds or redness; swelling and warmth of skin.

### Contact your physician if you are experiencing these symptoms or:

- If you have symptoms of high blood sugar that are not helped by taking your diabetes medicine.
- Your blood sugar level has been above your goal for 3 days and you don't know why.
- Your blood sugar rises over 400mg/dL.



**If you find yourself in the Yellow Zone, contact your physician. If you cannot reach a physician in 24 hours, please visit a walk-in clinic.**