

Diabetes Zone Tool

Manage Your Diabetes

Diabetes means that you have too much sugar (glucose) in your blood. High blood sugar levels can lead to serious health problems. Keeping your blood sugar under control is very important. Use this document to help manage your diabetes and understand what to do when your levels rise too high or low, as directed by your doctor. Share this diabetes plan with a friend or family member who can provide support with your diabetes management.

Blood Sugar (Glucose) Goals

Your doctor or primary care provider will decide the blood sugar and A1c numbers that are best for you.

- **Fasting blood sugar 80–130 mg/dl**

This is the blood sugar level when I wake up in the morning before I eat or if I have not eaten for at least 8 hours. My fasting blood sugar goal is _____mg/dl.

- **Post-meal blood sugar less than 180 mg/dl (one to two hours after eating)**

My goal is _____mg/dl two hours after I eat a meal.

- **A1c test result less than seven**

The A1c test is a blood test that measures my average blood sugar level over the past three months. My A1c goal is _____.

Follow healthy eating habits.

The ABC's of Diabetes

A: A1c level less than seven

B: Blood pressure less than 140/90

C: Cholesterol

- Total less than 200
- LDL less than 100
- HDL greater than 40 (men)
- Triglycerides less than 150

Five Things You Can Do Every Day

1. Eat healthy meals
2. Get regular exercise
3. Check your blood pressure
4. Take your medications
5. Check your feet

Low-density lipoprotein (bad cholesterol) = LDL

High-density lipoprotein (good cholesterol) = HDL

Diabetes Safety Zones

Green Zone - All Clear Zone – This is the safety zone if:

- Your blood sugar is under control
- You have no symptoms of low or high blood sugar
- Your fasting blood sugar is between 80-130 mg/dl
- Your blood sugar one to two hours after a meal is less than 180 mg/dl.
- Your A1c level is less than seven

Yellow Zone – Caution Zone – This is the watch zone if you have:

Low Blood Sugar (Hypoglycemia)

- Blood sugar less than 70 mg/dl
- Symptoms: Shaky or dizzy, blurry vision, weak or tired, sweaty, headache, hungry, upset, or nervous

What to do?

- Check your blood sugar (if possible).
- Eat or drink something that contains sugar. (For example: three packets or one tablespoonful of regular sugar, four glucose tablets, four pieces of hard candy, four ounces of fruit juice or regular [not diet] soda.)
- Check your blood sugar again in 15 minutes. If it is still below 70 mg/dl, eat or drink something that contains sugar again.

High Blood Sugar (Hyperglycemia)

- Blood sugar more than 240 mg/dl
- Symptoms: Thirsty all the time, blurry vision, need to urinate often, weak or tired, dry skin, often hungry, fruity smelling breath

What to do?

- Call your doctor or primary care provider and tell him/her that your blood sugar is high.
- Continue to take your medications.
- Follow your meal plan.
- **Call your doctor or primary care provider if your blood sugar levels do not improve. You may need medication adjustment or a change in your eating habits and/or activity level.**
- Doctor's Name _____
- Phone Number _____

Red Zone - Medical Alert Zone – This is the danger-zone if you have:

- A blood sugar level greater than ____ mg/dl OR less than ____ mg/dl, call your doctor, 9-1-1, or go to the emergency room.
- Doctor's Name _____ Phone Number _____

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