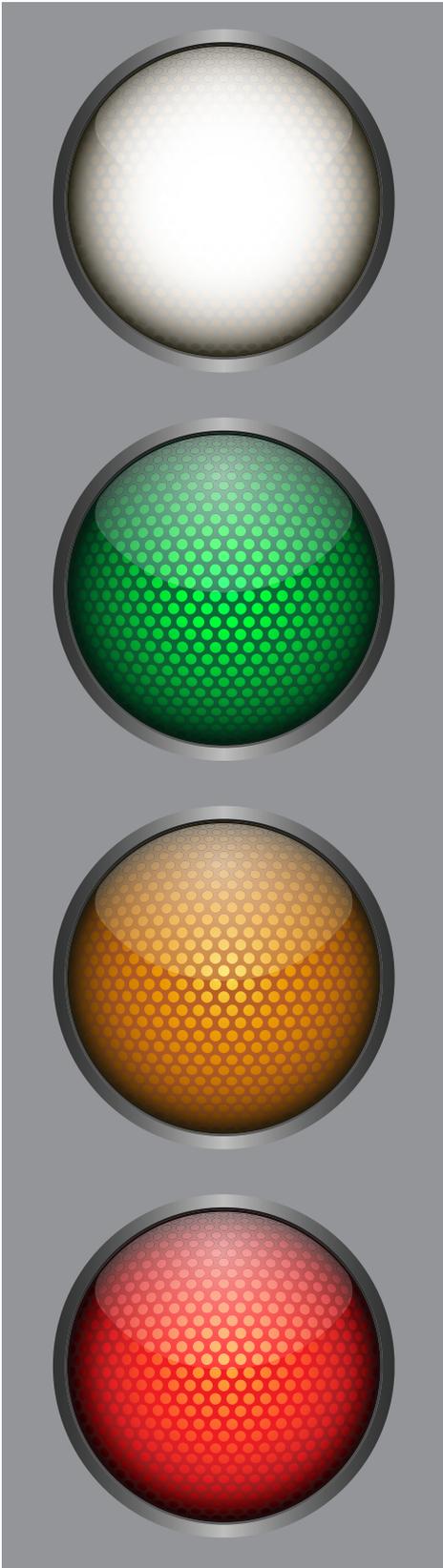


GREEN LIGHT TO GO

ZONES FOR DIABETES MANAGEMENT



EVERYDAY: WHICH ZONE ARE YOU IN TODAY?

- Take your medications as instructed by your provider
- Monitor blood sugar levels
- Balance activity and rest periods
- Follow your diet recommendations

ALL CLEAR: THIS IS YOUR GOAL ZONE

- Know your individual blood sugar targets
- Fasting blood sugars are under 120, over 90
- No visual disturbance or changes in urination or thirst
- No foot ulcers

Continue taking your medications as ordered even if you feel great; continue monitoring your blood sugar, (glucose); keep all provider appointments; keep good eating habits.

WARNING ZONE: CALL YOUR NURSE OR PROVIDER

- If you have any of the following signs or symptoms:
 - Fasting blood glucose is over 200 or under 90
 - Non-healing wounds on the feet
 - Visual changes, shakiness, sweating, dizzy
 - Fever

These signs and symptoms may indicate a need to discuss your medications with your medical provider.

MEDICAL ALERT ZONE: CALL 911

- If you have any of the following signs or symptoms:
 - Average blood sugars over 500 or under 50
 - Increasing thirst and urination
 - Abdominal pain
 - Blurry vision, seizures, and shakiness
 - Weakness

You need to be seen by a medical provider NOW... CALL 911