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