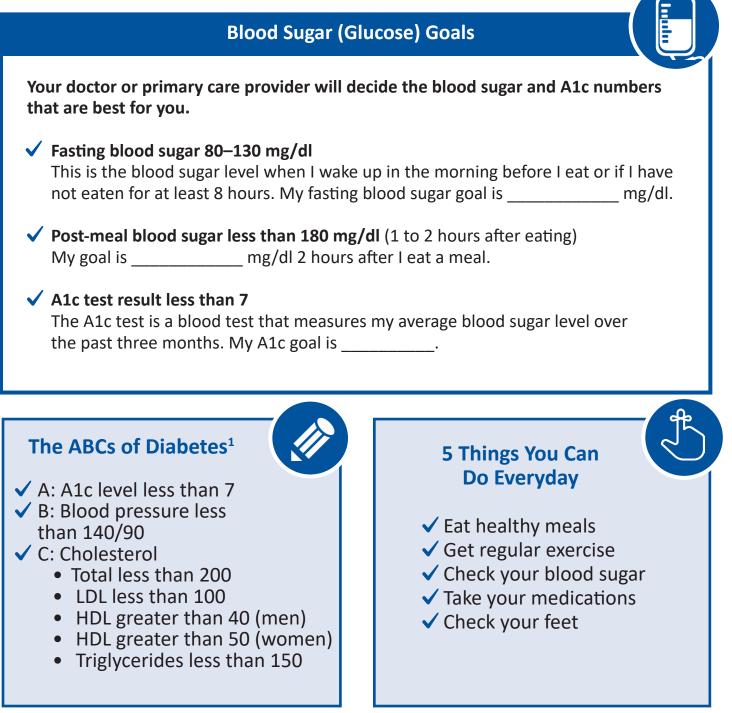
Manage Your Diabetes

Name

Date

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.



Low-density lipoprotein (bad cholesterol) = LDL

High-density lipoprotein (good cholesterol) = HDL

1. American Diabetes Association, Standards of Medical Care in Diabetes. Available at http://care.diabetesjournals.org/content/40/Supplement_1/S4. Accessed on September 13, 2017.





Diabetes Safety Zones

Date

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 1 to 2 hours after a meal is less than 180 mg/dl.
- ✓ Your A1c level is less than 7.

Yellow Zone: Caution ... 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: 3 packets or 1 tablespoonful of regular sugar, 4 alucose tablets, 4 pieces of hard candy, 4 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 a medication adjustment or a change in your eating habits and/or activity level.

Doctor's Name: _____

Phone Number:

Red Zone: Medical Alert Zone This	s is the danger zone if yo	u have:
 A blood sugar level greater than call your doctor, 9-1-1, or go to Doctor's Name: Phone Number: 	0	mg/dl,
This material was adapted by Health Services Advisory Group, the Medicare Quality Innovation Netwo Organization for Arizona, California, Florida, Ohio, and the U.S. Virgin Islands, under contract with the Services (CMS), an agency of the U.S. Department of Health and Human Services, based on materials p Innovation Network. The contents presented do not necessarily reflect CMS policy. Publication No. QN	Centers for Medicare & Medicaid prepared by the TMF Quality L1SCOW C a 11100318 02	nprovement tions e. Improving Health Care. Are & MEDICARD SERVICES



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