

DIABETES MELLITUS TOOL FOR SYMPTOMS MANAGEMENT

GREEN ZONE

UNDER CONTROL

YOUR GOAL:

- > HbA1C is under 7%
- > Non-fasting blood sugar under 150 mg/dl
- > Fasting blood sugars less than 100 mg/dl

YOU ARE IN CONTROL

- > Your blood sugar is under control
- > Continue taking medications as ordered
- > Continue routine blood glucose monitoring
- > Continue with diabetic, low carbohydrates diet.
- > Keep all medical appointments

YELLOW ZONE

CAUTION

If you have any of the following signs and symptoms:

- > HbA1C between 7% and 9%
- > Non-fasting blood sugars between 150 mg/dl and 200 mg/dl
- > Fasting blood sugars greater than 150 mg/dl but less than 200 mg/dl

If you feel shaky, sweaty, or very hungry, check your blood sugar, your blood sugar may be lower than 70

TAKE ACTION TODAY

These symptoms may indicate that the medications need to be adjusted:

- > Improve your eating habits
- > Increase your activity level
- > Call your physician, nurse coordinator, or home health nurse

RED ZONE

MEDICAL ALERT

If you have any of the following signs and symptoms:

- > HbA1C greater than 9%
- > Non-Fasting blood sugar over 200 mg/dl
- > Fasting blood sugars over 200 mg/dl

If you feel very tired, thirsty, have blurry vision, or need to urinate more often, your blood sugar may be high

TAKE ACTION NOW

> These symptoms may indicate that you need to be evaluated by a physician immediately

Call your physician
IMMEDIATELY if you are having red
zone Symptoms

Physician Name:

Physician #:

Call your physician
IMMEDIATELY if you are having red
zone Symptoms

DIABETES MELLITUS TOOL FOR SYMPTOMS MANAGEMENT

EVERY DAY

- > Check your blood sugar twice a day at the same time (morning and late afternoon). Record the results and take them to the doctor visits
- > Take your medications as prescribed
- > Eat smaller portions (4-6 portions throughout the day), less saturated fat, less sugar, whole grains and a variety of fruits and vegetables
- > Activity; get at least 30 minutes of physical activity 5 day/week, such as brisk walking (check with your physician before beginning any exercise program)
- > Maintain weight loss

ACE

ALTUS ACCOUNTABLE CARE ENTITY

ALTUSACE.COM