

# Zones for Management of Diabetes

## Green Zone: Great Control

- HbA1c is under 7- this is a blood test your MD will order to have drawn periodically by the lab
- Average blood sugars typically under 140
- Most fasting blood sugars under 120



## Green Zone Means:

- Your blood sugars are under control
- Continue taking your medications as ordered
- Continue routine blood sugar checks
- Follow healthy eating habits
- Keep all physician appointments

## Yellow Zone: Caution

- Average blood sugar between 150-180
- If most fasting blood sugars are near 150
- If blood sugar more than 300, 3 or more times a day or week
- If your blood sugar is near 70 during the night



**You are in the YELLOW ZONE** – Work closely with your health care team and share your blood sugar readings at each appointment

## Yellow Zone Means:

- Your blood sugar may indicate that you need an adjustment of your medications
- Improve your eating habits
- Increase your activity level

**Call your Physician and/or health care team if changes in your activity level or eating habits don't decrease your fasting blood sugar levels**

Physician: \_\_\_\_\_

Number \_\_\_\_\_

## Red Zone: Stop and Think

- Average blood sugars are over 180
- You have increased thirst, increased urination and/or increased hunger
- Your blood sugar is less than 60 and does not respond to 2 treatments within 40 minutes
- **You have a blood sugar 400 or greater**

**You are in the RED ZONE- Call your Physician**

## Red Zone Means:



You need to be evaluated by a physician. For blood sugars over/under \_\_\_\_\_, follow these instructions: \_\_\_\_\_

Physician: \_\_\_\_\_

Number: \_\_\_\_\_