

## Diabetes Zones

### GREEN ZONE: ALL CLEAR

**If:**

- Most fasting blood sugars are under 130.
- Average blood sugars 2 hours after meals are under 140.
- No episodes of hypoglycemia.
- HbA1c is < 7%.

**Then:**

- Your blood sugars are under control.
- Continue taking your diabetes medications, and doing home glucose testing.
- Follow healthy eating habits and activity goals.
- See your health care provider/diabetes educator every 3-6 months.

### YELLOW ZONE: Caution

*Work closely with your health care team if you are in the yellow zone.*

**If:**

- Most fasting blood sugars are 130-180.
- Average blood sugars 2 hours after meals are 180-240.
- Hypoglycemia reactions are occurring 1-2 times a week.

**Then:**

- You may need a medication adjustment.
- Improve your eating habits.
- Increase your activity level.
- If after one week there is no improvement in blood sugars, call your physician or diabetes educator.

Name: \_\_\_\_\_

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

### RED ZONE: Danger

*Contact your health care team if you are in the red zone.*

**If:**

- Most fasting blood sugars are > 180.
- Average blood sugars 2 hours after meals are > 240.
- Frequent hypoglycemia episodes.
- Moderate to large ketones (Type 1 only).
- Use of Glucagon kit (Insulin users only).

**Then:**

- You need to be evaluated by your health care provider. Call your physician.

Name: \_\_\_\_\_

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