



## Every Day:

- Take your medications as prescribed at the same times each day
- Eat a balanced diet spread throughout your day – DON'T SKIP MEALS
- Be as active as you are able
- Test and control your blood sugar as ordered

## GREEN ZONE: All Clear!

**This zone is your goal. Keep up the good work if...**

- You DO NOT have symptoms of high or low blood sugar
- You are able to take your medications as prescribed
- You are following your prescribed diet and exercise program
- You are testing your blood sugar regularly, as prescribed
- Your blood sugar is in the recommended range

## YELLOW ZONE: Caution!

**This zone is a warning and you should call your doctor if...**

- You are not able to take medications as prescribed or test your blood sugar
- Your blood sugar is under 70 and does not come up with increased carbohydrate intake (OJ, Milk, Glucose gel or tablets)
- Your blood glucose is over 200 on 3 tests in a row
- Your temperature is over 101 degrees Fahrenheit
- You are vomiting or have diarrhea lasting for more than 6 hours
- You are not able to eat due to upset stomach or vomiting
- You have a new sore or are having problems with your feet
- You are not able to do your normal activities and/or follow your exercise program
- You experience dizziness, confusion, increased thirst or urination, or blurred vision

## RED ZONE: Emergency!

**Call 911 or have someone take you to the Emergency Room if...**

- Your blood glucose is under 20
- You are unable to stay awake, even during the day
- You are confused or not thinking clearly
- You have difficulty speaking or are slurring words
- You have blurred vision, fruity breath, belly pain, or fast deep breathing

**Key Contacts- Fill in numbers for:**

Primary Physician: \_\_\_\_\_ Cardiologist: \_\_\_\_\_

Other: \_\_\_\_\_