

Diabetes stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: _____

Phone: _____



Green Zone

I'm feeling good.

- My fasting blood sugar level is between 80-130.
- I am testing my blood sugars.
- I do not have signs or symptoms of low or high blood sugar.
- I have checked my feet and do not have any cuts, blisters, red spots, or swelling.

How I'll prevent symptoms today

I will:

- Eat a low-carbohydrate, diabetic-friendly diet per my doctor/provider's recommendation.
- Be physically active and/or move my body every day.
- Log blood sugars daily, give my doctor/provider access to my log, or send my continuous glucose monitor readings to my doctor/provider.
- Take my medicine as prescribed.
- Keep my doctor/provider's appointments.



Yellow Zone

I'm not feeling good.

- My blood sugar is consistently (3 days or more) one or more of the following:
 - Above 200
 - Below 70
- I am having symptoms of low or high blood sugar such as:
 - (High) increased thirst/hunger, headaches, trouble concentrating, blurred vision, frequent urination, and/or fatigue
 - (Low) confusion, dizziness, irritability, racing pulse, sweating, nausea, and/or vomiting
- My feet have new or changing sores and/or a skin infection.
- I have less energy than usual.

Caution!

Take action TODAY. I will:

- Report these symptoms to my doctor/provider without delay.
- Go to a walk-in clinic or urgent care if I cannot discuss with my doctor/provider.
- Have ½ cup of juice, or ½ cup regular soda, or ½ sandwich to raise my levels, and recheck after 15 minutes for blood sugar **below 70**, and follow the 15/15 rule.
- Drink some water and, depending on how I feel, sit, lie down, or take a short, easy walk for **high** blood sugar.
- Continue to take my medications as prescribed.



Red Zone

I feel awful!

- My blood sugar is staying **under** 70, even after treating with the 15/15 rule more than 3 times within an hour.
- My blood sugar is **over** 400.
- I am sweating a lot and/or have fruity breath, confusion or difficulty speaking.
- I am unable to eat.
- I fainted or passed out.
- I had a seizure.

Get help!

Take action NOW:

- **CALL 911 or seek medical care RIGHT AWAY.**
- Do **NOT** attempt to drive myself to the hospital.
- While getting help, do this:

- _____
- _____

Staying in the **green zone** for diabetes



Staying healthy: everyday actions

There are many actions you can do to help you stay in control of your condition and avoid issues. Follow these tips to create healthy habits that can have positive long-term effects on your overall health and wellness.

Know the ABC's of diabetes:

A is for **A1c** — Check every 3-6 months.

B is for **Blood sugar** — Check regularly and keep a log.

C is for **Cholesterol levels** — Check every year.

D is for **Diet** — Make good food choices.

E is for **Eye exams** — Get dilated eye exam every year.

F is for **Foot exams** — Check your feet every day and see your podiatrist regularly.

M is for **Movement** — Move your body every day.

S is for **Statin** — Talk to your doctor about statins.

Key strategies for staying in the **green zone**

- Keep all doctor/provider appointments and take medications as directed, even if you feel fine.
- If you are struggling with how to use your glucometer, call your care manager, doctor/provider, or local pharmacist.
- Keep your blood pressure at goal (*less than 120/80 or provider recommended goal*).
- Avoid tobacco use. If you use tobacco, please contact your care manager, doctor/provider, or pharmacist for cessation information.
- Try to get 6-8 hours of sleep per night.
- If you feel stressed, anxious or depressed, talk to your care manager or doctor/provider about strategies to reduce stress. Stress can raise your blood sugar.
- Maintain a healthy weight. If you are struggling with your weight, ask your doctor/provider for a referral to an obesity medicine specialist.

Eat well

- Choose foods that are lower in carbohydrates. Examples of these options may include eggs, fish, poultry, vegetables, etc. For more help with customized meal planning, ask your provider for a referral to a diabetes educator or registered dietitian.
- Drink calorie-free, unsweetened beverages. Water is the preferred beverage.
- Eat slowly and take a break between bites.
- Do not skip meals — when you skip a meal, it affects your blood.

Activity and exercise

- Incorporate activity into your life but always consult with your doctor/provider before starting any new exercise program.
- Engage in daily physical activity. Start with 10 minutes and build to 30 minutes or more.

Examples of ways to incorporate activity into your daily life are:

- Parking farther away.
- Taking a short walk after a meal.
- Making multiple trips to bring groceries in.

Avoiding the **yellow zone** for diabetes



Learn how to identify low and high blood sugar symptoms and what to do when you experience them, so you can stay more in control of your condition.

Low blood sugar

Symptoms of low blood sugar can include being sweaty, shaky, dizzy, anxious, nervous, upset, fast heart rate, headache, blurry vision, feeling weak, tired, hungry, trouble thinking, confused, and/or irritable. If your blood sugar is below 70 and/or you have symptoms of low blood sugar, treat following the "15-15 Rule."

The 15-15 Rule

Have 15 grams of carbohydrates to raise your blood sugar and recheck your blood sugar after 15 minutes. If your blood sugar is still below 70, have another serving. Repeat these steps until your blood sugar is at least 70. Foods to treat a low blood sugar using the 15-15 rule:

- 4 Glucose tablets
- 4 ounces (1/2 cup) of juice or regular soda (not diet)
- 1 tablespoon of sugar, honey, or corn syrup
- Hard candies (about 5-7 pieces)

Once your blood sugar is back to normal, be sure to eat a meal or snack to avoid your blood sugar lowering again.

If blood sugar remains below 70 after using the 15-15 rule three times in an hour, call 911 immediately.

Contact your doctor/provider if you experience any of the following two or more times in the same week:

- Symptoms of low blood sugar
- Blood sugar below 70
- Use the 15-15 rule

High blood sugar

Symptoms of high blood sugar can include being very thirsty, frequent urination, sleepy, weakness, and/or blurry vision. Other more serious symptoms include vomiting or diarrhea more than one time, an upper respiratory infection, fever, open wounds or redness, swelling and/or warmth of skin.

Contact your physician if you are experiencing these symptoms or:

- If you have symptoms of high blood sugar that are not helped by taking your diabetes medicine.
- Your blood sugar level has been above your goal for 3 days and you don't know why.
- Your blood sugar rises over 400 or consistently over 200.



If you cannot reach a physician in 24 hours, please visit a walk-in clinic or urgent care.