

Diabetes Action Plan to Help Guide Your Care

Diabetes changes your life, but step-by-step you can put yourself in charge. Remember, you are more than your diabetes. Use this Action Plan to help guide your care. Do the following once per year: See your doctor, check your labs, see your eye doctor, and see your foot doctor.

1. Each day, check what zone you are in.

Are you in the GREEN zone?

You are in good control if ALL the following apply to you:

- No symptoms of high or low blood sugar
- Blood sugar before breakfast is between 80 to 130 mg/dL
- Blood sugar 1 to 2 hours after a meal is below 180 mg/dL
- Blood pressure is below 130/80 mmHg most of the time

Are you in the YELLOW Zone?

You need some help if EVEN ONE of the following applies to you:

- Blood sugar **below** 70 mg/dL. When this happens, take action!
- Blood sugar is often **higher** than 200 mg/dL
- One or more signs of **low** blood sugar - feeling drowsy, dizziness, blurred vision, feeling weak, slurred speech
- One of more signs of **high** blood sugar- feeling more thirsty than usual, high need to urinate or pee more, blurred vision
- Problems with your medicines for diabetes, including insulin
- New sores, redness, and tingling in your feet
- New eye problems or your eye problems are getting worse
- Problems with blood sugar testing strips and with the glucometer or machine used to check your blood sugar at home

Are you in the Red Zone? You need emergency care right away, if EVEN ONE of the following applies to you:

- Nausea, vomiting, abdominal or stomach pain
- Dizziness and trouble walking, falling, fainting, passing out
- Chest pain or tightness that does not go away
- Struggling to breathe, cannot catch your breath, difficulty talking
- New or worsening confusion or problems thinking clearly
- Extreme fatigue or tiredness, difficulty doing things you normally do

2. Then, based on your zone, decide what to do.

If so, follow the GREEN zone action plan:

- ✓ Keep all your doctor appointments
- ✓ Keep taking your medicines as prescribed
- ✓ Choose healthy delicious food options
- ✓ Be active and move daily as much as you can
- ✓ Check your feet for sores or redness
- ✓ Check your blood sugar at home as recommended

For adults, apply the “15-15 Rule” when blood sugar is below 70 mg/dL:

- ✓ **Have 15 grams** of carbohydrates or foods high in sugar to raise your blood sugar. For example, half cup (4 oz.) of fruit juice or regular soda, hard candies (check food label for sugar amount)
- ✓ **Wait 15 minutes**
- ✓ **Recheck** your blood sugar. If it’s still below 70 mg/ dL have another **15 grams** of carbohydrates
- ✓ **Eat a meal or snack** if your blood sugar gets back to above 100 mg/dL after the “15-15 rule”
- ✓ **CALL** your doctor if your blood sugar DOES NOT go back to normal after the “15-15 rule”

If you are in the YELLOW or RED zones a lot:

- Talk to your doctor. You may need changes in your medicines for diabetes.
- Work to find diet plans that help you feel better, and fed. Take it one step at a time.
- Get moving with activities you like. Do them as often as you can.