Zone Tool Diabetes

All Clear Zone...... This is the safety zone if you have:

Green Zone Means:

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

- A1c under 7%
- Fasting blood sugar 90–130
- Blood sugar less than 180 (1-2 hours after eating)
- Blood pressure less than 130/80
- LDL cholesterol target less than 100mg/dL if no cardiovascular disease
- LDL less than 70mg/dL for those with a history of cardiovascular disease (e.g., ischemia, angina, stroke, heart attack)

Warning Zone..... This is the watch zone if you have:

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 doctor, nurse, or diabetes educator if changes in your activity level or eating habits don't decrease your fasting blood sugar levels.

- A1c between 7% and 8%
- Average blood sugar 150–210
- Most fasting blood sugars under 200
- Blood pressure greater than 140/90

Work closely with your health care team if you are going into the YELLOW zone.

Medical Alert Zone This is the danger zone if you have:

Red Zone Means:

- You need to be evaluated by a doctor
- If you have a blood glucose over_____

Call your doctor and call 911

Doctor Phone

- A1c greater than 9%
- Average blood sugars are over 210
- Most fasting blood sugars are well over 200

Call your physician if you are in the RED ZONE.

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