



GREEN Zone: All Clear!

- 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)

YELLOW Zone: Caution. Call Your Physician!

- 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.

RED Zone: Medical Alert!

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

Physician Contact

Doctor: _____

Phone: _____

Diabetes means that you have too much sugar (glucose) in your blood. High blood sugar levels can lead to serious health problems. Keeping your blood sugar under control is very important. Use this document to help understand what to do when your levels rise too high or low, as directed by your doctor.

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

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.

RED Zone Means:



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

_____ , _____

Call your doctor and call 9-1-1

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