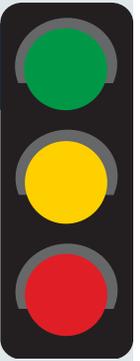


# ZONE TOOL | Diabetes



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: 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)

## 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: 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.**

## 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: Medical Alert!

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

## 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**

## Physician Contact:

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

This material was prepared by Alliant Health Solutions, a Quality Innovation Network – Quality Improvement Organization (QIN – QIO) and a Hospital Quality Improvement Contractor (HQIC) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication Number: 12SOW-AHS TO1-NH TO1-PCH TO3-HQIC--2510-08/26/22