



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 percent
 - Fasting blood sugar 90–130
 - Blood sugar less than 180 (one to two 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 percent
- 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 percent
- Average blood sugars are over 210
- Most fasting blood sugars are well over 200

Call your physician if you are in the RED ZONE.