

Green Zone

ALL CLEAR ZONE

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

This is the safety zone if you have:

- 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

WARNING 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

This is the watch zone if you have:

- 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 ZONE

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 _____

This is the danger zone if you have:

- 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