

Diabetes Zone Action Plan

Green Zone: Great Control

Your Goal HbA1c:

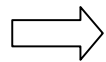
- HbA1c is under 7
- Average blood sugars typically under 8 mmol/l
- Most fasting blood sugars under 8 mmol/l

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

- HbA1c between 7 and 9
- Average blood sugar between 8-11.5 mmol/l
- Most fasting blood glucose under 11 mmol/l



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

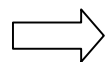
Call your doctor, nurse, or diabetes educator if changes in your activity level or eating habits don't decrease your fasting blood sugar levels.

Name: _____

Number: _____

Red Zone: Stop and Think

- HbA1c greater than 9
- Average blood sugars are over 11 mmol/l
- Most fasting blood sugars are well over 11 mmol/l



Call your GP surgery if you are going into the RED zone

Red Zone Means:

You need a check up with your doctor or nurse.

If you have a blood glucose over _____, follow these instructions _____

Call your GP surgery