



Hendricks County
Health Partnership

My Diabetes Care - Zone Sheet

Healthcare Provider's Phone #: _____

(Providers: please fill this in when you share this sheet with your client.)

Every Day:

- Check your blood sugar level as directed by your doctor
- Take your medicine as directed by your doctor
- Follow your healthy eating plan
- Try to be more active and get some exercise
- Check your zone on the chart below

Green Zone: All clear - Goal zone - Your diabetes is under control if:

- No low blood sugar readings (below 80)
- No high blood sugar readings (over 180)
- No symptoms of high blood sugar (frequent urination, thirst, hunger)
- If you have Type 1 diabetes, no ketones in your urine

Actions: Keep up the good work.

- Continue routine blood sugar testing.
- Continue taking your medications as ordered.
- Follow a healthy eating plan.
- Keep all your doctor appointments.

Yellow Zone: Caution - Call your healthcare provider now if you have:

- Two or more blood sugar readings less than 70 before your next appointment
- Two or more blood sugar readings above 250 before your next appointment
- Abdominal pain, nausea or vomiting more than 2 times in a row
- Diarrhea more than 4 times in 24 hours
- Type 1 diabetes with trace of small ketones in your urine

Actions: Call your provider now.

- Your provider may need to change your medication dose.

Red Zone: Medical Alert - You need to see a provider NOW if:

- Passed out due to a low blood sugar, or needed someone else's help to treat low blood sugar
- Trouble breathing or feeling confused
- Type 1 diabetes with moderate to large ketones, and not responding to insulin
- Loss of feeling in your feet or finding a new ulcer with drainage or foul odor

Actions: Call 911 or get to the ER now!

- You need to get help right now.