

Diabetes Zones for Management

Green Zone: Great Control

Your Goal HbA1c:

- HbA1c is under 7
- Average blood sugars typically under 150
- Most fasting blood sugars under 150

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 150-210
- Most fasting blood glucose under 200

% 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 physician, 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 210
- Most fasting blood sugars are well over 200

% Call your physician if you are going into the RED zone

Red Zone Means:

You need to be evaluated by a physician. If you have a blood glucose over _____, follow these instructions _____

% Call your physician

Physician: _____

Number: _____

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