Green zone: All clear
› HbA1c is at goal
› Your average blood sugar is under 150
› Your blood pressure is under 130/80
› There are no abnormal findings on your foot examination: ulcers, loss of sensation, large calluses, leg pain when walking

Other important reminders:
› Have your annual testing: cholesterol, eye exam and check for presence of protein in urine

Yellow zone: Caution
› HbA1c is above goal
› Your average blood sugar is between 150-200
› Your blood sugar has been below 150 for _______ number of days
› Your blood pressure is greater than 130/80
› A change in your vision such as new or increasing blurred or double vision
› A change in your foot examination such as a change in sensation or finding a new ulcer

Red zone: Medical alert
› Your blood sugar is below _______ and you are experiencing symptoms such as lightheadedness, excessive sweating, confusion
› Your blood sugar is above _______ and you are experiencing symptoms such as increased thirst, frequent urination, blurred vision, weight loss
› HbA1c is greater than 9
› Loss of sensation in your feet or finding a new ulcer with drainage or foul odor with a change in skin color and fever

Customer name: ___________________________

Your goal HbA1c: ______________

Green zone means:
› Continue taking your medications as ordered by your doctor
› Continue blood sugar monitoring as directed by your doctor
› Follow your diabetic diet
› See your doctor regularly
› Continue practicing good hygiene including changing your socks daily
› Continue to check your feet daily
› Wear well-fitted walking shoes
› Maintain daily exercise

Yellow zone means:
› You may need an adjustment of your medications
› Re-evaluate your eating habits
› You may need to see a specialist (vascular doctor or foot doctor) as directed by your doctor
› Call your doctor or the 24-hour Nurse Line at 1-866-576-8773

Name: ___________________________

Phone number: ___________________________

Red zone means:
This indicates that you need to be evaluated by a doctor. Call right away.

Name: ___________________________

Phone number: ___________________________
## Daily blood sugar log
### Times of day

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Bedtime</th>
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