

Diabetes Zones for Management

Green Zone: Great Control in the past 7 days

Current HbA1c: _____

- Average blood sugars typically under 150 mg/dL
- Most fasting blood sugars under 130 mg/dL
- 2 hours after eating less than 180 mg/dL
- Bedtime blood sugar is between 100 – 140 mg/dL
- Blood pressure is less than 140/80
- Able to follow meal plan



Green Zone Means

- Blood sugars are under control
- Continue taking medications as ordered
- Continue routine blood glucose monitoring
- Follow healthy eating habits
- Keep all physician appointments

Yellow Zone: Caution in the past 7 days

- **HbA1c >8%**
- Average blood sugar between 150-210 mg/dL
- Most fasting blood sugars under 180mg/dL
- Two or more low blood sugars less than 70 mg/dL in the past week
- Most blood sugars 2 hours after eating greater than 180 mg/dL
- Bedtime blood sugar is less than 100 or greater than 150 mg/dL
- Blood pressure is greater than 140/80
- Inadequate medication or supplies to care for diabetes
- Eating <50% of their meals



Yellow Zone Means

- Blood sugars may indicate an adjustment of medications is needed
- Increase physical activity level (At least 30 minutes a day of walking; if tolerated)
- **Call physician or provider if changes in activity level or eating habits don't improve blood sugar levels.**

Red Zone: Stop and Think in the past 7 days

- **HbA1c greater than 10%**
- Average blood sugars are over 210 mg/dL
- Most fasting blood sugars are well over 180mg/dL
- Two or more low blood sugars less than 70 with difficulty returning it to normal zone in the past week.
- Moderate or large ketones in urine
- Nausea/vomiting or fruity breath
- Blood pressure consistently > 140/80



Red Zone Means

You need to see a doctor now.

Evaluation by a physician is urgent. Call physician to be seen that day or proceed to the emergency room.

Call your doctor:

NAME _____

NUMBER _____

**or CALL 9-1-1
IMMEDIATELY.**



*If diabetes remains in the red zone after diabetes treatment has been changed, the physician or provider should be contacted for further adjustment.