

## My Diabetes Action Plan

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

Zone	Condition	Checklist
<b>Green Zone: ALL CLEAR - I'm feeling well today – Keep up the good work!</b>	<ul style="list-style-type: none"> <li>I am taking my medications and following my provider's recommendations</li> <li>Most blood sugars are within my goal range</li> <li>Blood Sugar Targets (for most patients): <ul style="list-style-type: none"> <li>Before Meals: 80-130 mg/dL</li> <li>After Meals: below 180 mg/dL</li> </ul> </li> </ul>	<input type="checkbox"/> Continue to take all my medications as directed <input type="checkbox"/> Continue to monitor my blood sugars as directed <input type="checkbox"/> Reach out to my care team or provider's office if anything changes
<b>Yellow Zone: CAUTION - I'm having some trouble - I need some help!</b>	<ul style="list-style-type: none"> <li>My blood sugars are above 300 and I don't know why</li> <li>I have symptoms of high blood sugar including: thirst, dry mouth, blurred vision or frequent urination</li> <li>I have episodes of low blood sugar (below 70), including low blood sugars overnight</li> <li>I am experiencing nausea, vomiting and/or diarrhea that interfere with eating and/or drinking</li> <li>I have been prescribed a new steroid medication, such as prednisone or methylprednisolone or received a steroid injection</li> </ul>	<input type="checkbox"/> Contact my care team or provider immediately, including if I am unable to take my medications as directed OR need possible medication adjustments <input type="checkbox"/> Treat low blood sugars using the Rule of 15 (see back) <input type="checkbox"/> Continue to take my medications as directed <input type="checkbox"/> Continue to monitor my blood sugars as directed
<b>Red Zone: DANGER - I need immediate medical care!</b>	<ul style="list-style-type: none"> <li>My blood sugar remains above 350 for more than 6 hours</li> <li>My blood sugar remains below 70 after two attempts to treat (Rule of 15 – see back)</li> <li>I have high blood sugars with worsening nausea, vomiting, diarrhea or confusion</li> </ul>	<input type="checkbox"/> Contact my provider's office immediately and be prepared to provide: blood sugar readings, symptoms, medication I have taken including times and doses and what I've had to eat/drink <input type="checkbox"/> Call 911 or seek medical care immediately if I am unable to reach my provider's office OR if my blood sugar remains below 70 after two attempts to treat

### My Providers:

For appointments or urgent concerns, please contact your provider's office directly.

Primary Care Provider:

Primary Care Phone Number:

### Resources:

Care365 Adult Sick Appointments  
(multiple locations)

Available evenings, weekends, and holidays:  
Call: **401-606-2365**

## The Rule of 15

### Low blood sugar (Hypoglycemia) – Blood Sugar below 80 mg/dL

Symptoms may include: shakiness, sweating, confusion, dizziness, fatigue, nervousness and hunger.

1. If you notice symptoms, check your blood sugar immediately (when in doubt, check it out!)
2. Take 15 grams of fast-acting glucose (choose one below):
  - 4 oz regular fruit juice or regular soda
  - 3-4 glucose tabs
  - 1 tbsp honey
  - 3 regular sugar packets
  - Glucose gel
3. After treating, wait 15 minutes and re-check blood sugar – repeat above if blood sugar remains below 80 mg/dL.
4. Once your blood sugar returns to normal, eat a meal or snack with protein.
5. Call your healthcare provider if low blood sugar continues.

## My A1C Chart

A1C (%) 3 month average of blood sugars	Estimated Average Glucose (mg/dL)
5	97
5.5	111
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269
11.5	283
12	298

These are general recommendations, please check with your provider for your individual goals.