



## My Diabetes Action Plan

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

Zone	Condition	Checklist
<b>Green Zone:</b> <b>ALL CLEAR</b> - <i>I'm feeling well today – Keep up the good work!</i>	<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>	<ul style="list-style-type: none"><li><input type="checkbox"/> Continue to take all my medications as directed</li><li><input type="checkbox"/> Continue to monitor my blood sugars as directed</li><li><input type="checkbox"/> Reach out to my care team or provider's office if anything changes</li></ul>
<b>Yellow Zone:</b> <b>CAUTION</b> - <i>I'm having some trouble - I need some help!</i>	<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>	<ul style="list-style-type: none"><li><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</li><li><input type="checkbox"/> Treat low blood sugars using the Rule of 15 (see back)</li><li><input type="checkbox"/> Continue to take my medications as directed</li><li><input type="checkbox"/> Continue to monitor my blood sugars as directed</li></ul>
<b>Red Zone:</b> <b>DANGER</b> - <i>I need immediate medical care!</i>	<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>	<ul style="list-style-type: none"><li><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</li><li><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</li></ul>

### 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.