

Diabetes Zones for Self-Management

Name: _____ Date: _____

GREEN Zone: All Clear

Your Goal A1c: _____

- A1c is under 7%
- Fasting blood sugar 90–130
- Blood sugar less than 180 (one to two hours after eating)
- Blood pressure less than 130/80
- LDL cholesterol target less than 100mg/dL if no cardiovascular disease
- LDL less than 70mg/dL for those with a history of cardiovascular disease (e.g., ischemia, angina, stroke, heart attack)

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

- A1c between 7% and 8%
- Average blood sugar 150–210
- Most fasting blood sugars under 200
- Blood pressure greater than 140/90

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 doctor, nurse, or diabetes educator if changes in your activity level or eating habits don't decrease your fasting blood sugar levels.

RED Zone: Medical Alert

- A1c greater than 9%
- Average blood sugars are over 210
- Most fasting blood sugars are well over 200

Call your physician if you are in the RED ZONE.

Red Zone means:

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



Call your physician and call 911

Physician: _____

Number: _____