



DIABETES *Risk Management Guide*

GREEN ZONE = GOOD	GREEN ZONE MEANS
<p>HbA1c is under 7.</p> <p>Average blood sugar typically under 150.</p> <p>Most fasting blood sugar under 150.</p>	<p>Your blood sugars are under control.</p> <p>Continue taking your medications as ordered.</p> <p>Continue routine blood glucose monitoring.</p> <p>Follow healthy eating habits.</p> <p><i>Keep Physician Appointments</i></p>
YELLOW ZONE = CAUTION	YELLOW ZONE MEANS
<p>HbA1c between 7 and 9.</p> <p>Average blood sugar between 150-210.</p> <p>Most fasting blood sugar under 200.</p>	<p>Your blood sugar may indicate that you need an adjustment of your medication.</p> <p>Improve eating habits.</p> <p>Increase your activity level.</p> <p> Call your Home Health Nurse: 24 HOUR HOTLINE HOME HEALTH CARE SOLUTIONS 877-718-1306</p> <p><i>(Please notify your Home Care Nurse if you contact or go see your MD)</i></p>
RED ZONE = EMERGENCY	RED ZONE MEANS
<p>HbA1c greater than 9.</p> <p>Average blood sugar is over 210.</p> <p>Most fasting blood sugars are well over 200.</p>	<p>This indicates that you need to be evaluated by your physician right away.</p> <p>Primary MD: _____</p> <p> Phone Number: _____</p> <p><i>(Please notify your Home Care Nurse if you go to the emergency room or are hospitalized)</i></p>

PHONE: (877-718-1306) FAX ONLY-PHYSICIAN ORDERS: (855-718-1309)

This is a standard guideline for DIABETES DISEASE Management for HHCS patient education purposes. Always follow your physicians orders pertaining to your care.