



Diabetes Action Plan

Excludes individuals 65 years and older
and those who have heart and renal disease

Patient name _____

Today's date _____

Monitoring: Monitor your blood glucose _____ times a day

Exercise: Exercise _____ minutes _____ times a week

Nutrition: _____ calories a day, _____ carbohydrates a day

GREEN <i>under control</i>	YELLOW <i>caution</i>	RED <i>stop – think – act</i>
<p style="text-align: center;">A1C less than 7 Home blood sugar less than 150</p> <ul style="list-style-type: none"> • Take your medications • Continue to test your blood sugar regularly • Maintain an active lifestyle • Continue to eat healthy foods • Keep regular follow up visits with your PCP or endocrinologist 	<p style="text-align: center;">A1C between 7–9 Home blood sugar between 150–240</p> <ul style="list-style-type: none"> • Schedule follow up appointment with your doctor to review your medications • Increase your activity level • Improve your nutrition to achieve goal BMI 	<p style="text-align: center;">A1C greater than 9 Home blood sugar is consistently above 240</p> <p style="text-align: center;">Contact your physician for an appointment if:</p> <ul style="list-style-type: none"> • Blood sugar is too high and needs to be controlled. If it remains high, potential future problems with nerves, eyes, heart, kidneys and circulation. • You have symptoms of infection or extreme fatigue

Hypoglycemia

If you experience any of the symptoms below, your blood glucose may be **LOW**. Check your blood sugar.

- | | |
|------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Loss of consciousness | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Rapid heartbeat | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Impaired vision |
| <input type="checkbox"/> Sweaty, shaking | <input type="checkbox"/> Weak, tired |
| <input type="checkbox"/> Anxiousness | <input type="checkbox"/> Hunger |

If your blood glucose is lower than 70mg/dL:

- Eat something with glucose in it (hard candy, sugar-sweetened soda, orange juice, or milk)
- Have a snack if the next meal is more than 30 minutes away
- Recheck blood sugar in 15 minutes, if glucose level is still below 70mg/dL, eat something again with glucose (hard candy, orange juice, milk)
- Repeat these steps until blood glucose level is at least 70mg/dL. Make note regarding glucose levels to discuss with your health care provider.

Hyperglycemia

If you experience any of the symptoms below, your blood glucose may be **HIGH**. Check your blood sugar.

- | | |
|---------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Frequent urination | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Extreme thirst | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Nausea/vomiting | <input type="checkbox"/> Blurred vision |
| <input type="checkbox"/> Weakness | |

If your blood glucose is higher than 240mg/dL, make an appointment with your doctor if:

- You experience ongoing vomiting/diarrhea but can take in some food/drinks
- You have a fever lasting more than 24 hours
- Blood glucose levels stay above 240mg/dL, even with taking diabetes medication

CALL 911 TO GET HELP IF:

- You are ill and cannot keep food/fluids down, and
- Your blood glucose levels are consistently above 240 mg/dL and have ketones in urine

(over →)



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Health Maintenance

Daily

- Wear diabetes medical ID
- Check Feet for sores/redness
- Appropriate nail care

Each medical visit

- Blood pressure (less than 140/90)
- Review self-glucose monitoring
- Weight (Body Mass Index less than 25)
- Review self-management goals
- Review medication
- Visual foot check
- Smoking assessment/quit smoking

2–4 times a year

- HbA1c (Goal is less than 7%)

Once a year

- Lipid Profile (LDL less than 100 and HDL greater than 40)
- Microalbumin/serum creatinine (less than 30)
- Flu vaccine
- Dilated eye exam

Other

- Pneumonia vaccine
 - Diabetes education
 - Nutrition counseling
 - Pregnancy planning
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