Diabetes Health Maintenance

- LDL cholesterol less than 100
- If LDL is above 130 take a statin medication
- Healthy eating and exercise
- BMI (Body Mass Index) less than 25
- Do not use tobacco in any form
- Blood pressure less than _____ / _____
- LDL cholesterol test within 12 months
- Foot exam within 12 months
- Retinal eye exam within12 months
- Urine screening for microalbumin within 12 months
- Influenza (flu) shot every year
- Pneumonia Shot
- Consider ASA

SEE YOUR PROVIDER AT LEAST TWICE A YEAR

VA/DoD Evidence-Based Practice

For more information on

Clinical Practice Guidelines

Log on to:

www.QMO.amedd.army.mil

US Army Medical Command
Quality Management Division
Fort Sam Houston
www.qmo.amedd.army.mil/QMOCPGShopCart/

A Patient Guide for Monitoring Diabetes

Your Diabetes Action Plan

TODAY'S A1C

Blood Glucose In The Green Zone: GREAT CONTROL

- HbA1c is under _____
- Blood sugars typically under _____
- Most fasting blood sugars under _____

Blood Glucose Green Zone Means

- Your blood sugars are not too high or too low
- Continue taking your medications
- Continue blood sugar monitoring
- Continue healthy eating and exercise habits
- Keep all appointments and see your provider at least twice a year

Blood Glucose In The Yellow Zone: CAUTION

- HbA1c between _____ and _____
- Average blood sugars are between _____ and _____
- Most fasting blood sugars under _____

Blood Glucose Yellow Zone Means

- Adjust your diet
- Increase your activity level
- Talk to your provider about your medications
- Work with your care team if you are in the yellow zone

Call your team for advise if changes don't decrease your fasting blood sugars to the green range.

Telephone Number:

_____

Blood Glucose In The Red Zone: STOP ~ THINK ~ ACT

- HbA1c greater than _____
- Average blood sugars over _____
- Fasting blood sugars are over _____

Blood Glucose Red Zone Means

- See your provider
- If you have a blood sugar over _____, follow these instructions:

_____

_____

_____

_____

Call for Appointment

Telephone Number:

_____