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 within 12 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

For more information on Clinical Practice Guidelines
Log on to:
www.QMO.amedd.army.mil

Your Diabetes Action Plan

US Army Medical Command
Quality Management Division
Fort Sam Houston
www.qmo.amedd.army.mil/QMOCPPGShopCart/
**Blood Glucose In The Green Zone: GREAT CONTROL**

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

**Blood Glucose In The Yellow Zone: CAUTION**

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

**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:

**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 for Appointment**

Telephone Number:

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

Telephone Number:

**Stop**

**Think**

**Act**