



# Diabetes Action Plan

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

Patient name \_\_\_\_\_

**Monitoring:** Monitor your blood glucose \_\_\_\_\_ times a day

Today's date \_\_\_\_\_

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

## 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
- Your urine has moderate to large amounts of ketones

**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
  - Nutrition counseling
  - Diabetes education
  - Pregnancy planning
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