

MY SUPPLEMENTAL HEALTH MANAGEMENT PLAN: DIABETES



Green Zone: All Clear



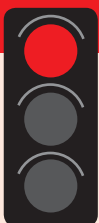
- Fasting/before meals blood sugar is: Between 70–130 or ___ as recommended by my doctor
- Blood sugar 2 hours after a meal is: Less than 180 or ___ as recommended by my doctor
- Testing my blood sugar at least 3 times a day
- No missed doses of my diabetes medication
- No open wounds
- **Keep following your daily routines**

Yellow Zone: Caution



- Treated blood sugar because it is Low (less than): _____ High (higher than): _____
- Blood sugar is still in the yellow zone after treatment or in the yellow zone several times in one week
- Missed a least 1 dose in the last 24 hours because: out of medicine or not sure how to take it
- Wound that is not healing for one week
- **Call your health care provider TODAY**

Red Zone: Medical Alert/DANGER



- Treated blood sugar and still feel sweaty, shaky, confused, nauseous
- Blood Sugar: Very Low (less than): _____ Very High (higher than): _____
- Wound that is getting worse
- **Call your Doctor IMMEDIATELY**

CALL

911

DANGER ZONE
Seizure or Unresponsive
CALL 911 IMMEDIATELY!!



Medicine

I will...

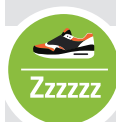
- Take my medicine every day as directed
- Ask questions when I do not understand
- Learn how to take my insulin if prescribed, and have my nurse ensure I am using it correctly



Managing my Blood Sugar

I will...

- Check my blood sugar every day and at different times each day
- Check my blood sugar more often if I am sick
- Carry a source of sugar with me always
- Treat it promptly when it is too high or too low



Healthy Lifestyle

I will...

- Eat a healthy diet
- Exercise regularly
- Check my feet daily
- Never walk barefoot
- Get my eyes checked at least every year
- Care for my skin
- Speak with my doctor about receiving the flu and pneumonia vaccine

Other Goals _____

Barriers to reaching my goals _____

LIVING WELL DIABETES



Managing Diabetes by Recognizing Symptoms

LOW BLOOD SUGAR

- Sweating
- Dizzy
- Rapid heart beat
- Shaking
- Blurred vision

HIGH BLOOD SUGAR

- Increased thirst
- More frequent urination
- Tired, sleepiness
- Nausea and vomiting
- Breath has a fruity smell



Practicing Wellness

- Wear my medical alert bracelet at all times
- Eat a healthy diet as recommended by physician
- Have an eye exam annually
- See my dentist twice a year
- Check my skin for any open areas daily
- Wear comfortable shoes and keep my feet protected at all times
- Report any open skin area to my health care provider



Managing My Blood Sugar

- Test blood sugar at least 3 times a day
- Know the appropriate range for my blood sugar
- Know how to promptly treat a low and high result
- Carry a source of sugar with me at all times
- Keep testing supplies & medication on hand at all times



Working Together With My Doctor

- Keep my appointment with my doctor
- Bring a list of my questions for my doctor, my medicines and blood glucose log
- Between appointments, report important symptoms



My Medicine Is Important

- Keep a list of my medicines and know **WHEN** and **HOW** to take them
- Know possible side effects
- Use a pillbox to take the right dose
- Take only my prescribed dose at the same time every day
- If I forget to take my medicine, don't take more than one dose to catch up
- If I forget to take my insulin, contact my healthcare provider or follow my emergency plan provided by my physician
- Reorder medicines when I am down to a one-week supply
- Take and store my medicine safely



Healthy Diet

- Limit processed foods
- Eat the right size portions
- Follow the diet recommended by my physician
- Eat a range of foods from all food groups
- Read food labels for nutrition facts on all food I eat
- Do not skip a meal or snack
- Limit/drink alcohol in moderation



Staying Active

- Activity can increase my physical strength and endurance levels
- Activity can help control my blood sugar
- Always check my blood sugar before and after activity to see how my body responds
- Be sure to drink fluids before and after exercise

PLACE LOGO HERE