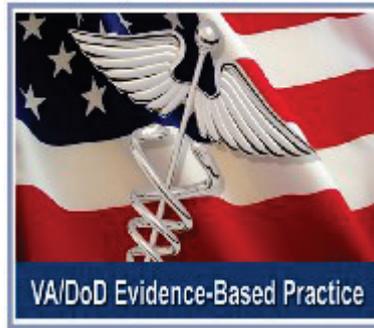




# Diabetes Health Maintenance

- 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](http://www.QMO.amedd.army.mil)



US Army Medical Command  
Quality Management Division  
Fort Sam Houston

[www.qmo.amedd.army.mil/QMOCPGShopCart/](http://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:**

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**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:

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**Call for Appointment**

**Telephone Number:**

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