



# Zone Tool Diabetes

## All Clear Zone... *This is the safety zone if you have:*

### Green Zone Means:

- Your blood sugars are under control.
  - Continue taking your medications as ordered.
  - Continue routine blood sugar monitoring.
  - Continue to follow a healthy eating plan and activity routine.
  - Keep all health care appointments.
- A1C under 7.0% (percent)
  - Fasting blood sugar 80–130 mg/dL
  - Blood sugar less than 180 mg/dL (one to two hours after first bite of food)
  - Blood pressure less than 140/90 mmHg or under 130/80 mmHg if you have a history of heart disease

## Warning Zone ... *This is the watch zone if you have:*

### Yellow Zone Means:

- Your blood sugar may indicate that you need an adjustment of your medications.
  - You need to follow your healthy eating plan.
  - You need to follow a healthy activity routine of at least 150 minutes a week.
- A1C between 7.0 and 8.0% (percent)
  - Blood sugars less than 70 mg/dL, or you have signs/symptoms of low blood sugar
  - Average blood sugar is 140–200 mg/dL
  - Most fasting blood sugars under 200 mg/dL
  - Blood pressure greater than 140/90 mmHg

**If you are following a healthy eating plan, staying active and taking your medications and your blood sugars are not in the green zone, talk to your health care team about possible changes needed.**

**Work closely with your health care team if you are going into the YELLOW zone.**

## Medical Alert Zone... *This is the danger zone if you have:*

### Red Zone Means:

- You need to be evaluated by a doctor.
  - If you have a blood sugar over 200 mg/dL for more than three days, call your doctor. You may have an infection or your medications are not working correctly.
  - If your blood sugar is under 54 mg/dL, call 911. If you are able, also call your doctor.
  - Doctor phone: \_\_\_\_\_.
- A1C greater than 9.0% (percent)
  - Average blood sugars are over 200 mg/dL
  - Most fasting blood sugars are over 200 mg/dL
  - Blood pressure greater than 160/100 mmHg
  - Blood sugars under 54 mg/dL

This tool was adapted from the American Diabetes Association; 2017 Standards for Medical Care in Diabetes. Diabetes Care 2017 Jan; 40 (Supplement 1): S1-S2. <https://doi.org/10.2337/dc17-S001>.