DIABETES Daily Self Check



Please follow the guide below to help monitor your health and determine if and when you should contact your provider. If you are ever in doubt, please call your provider or 911 for immediate assistance.

Green Zone CONTINUE DAILY ROUTINE



☐ Blood sugars are in normal range



■ Weight is normal



☐ Appetite is normal

Instructions:

Continue healthy diet



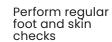
Continue daily activities



Keep follow up appointments



Continue to monitor your blood sugar as directed





Yellow Zone CAUTION! CHECK WITH YOUR CARE PROVIDER



☐ Elevated blood ☐ Numbness, sugars



tingling or pain in hands and feet



Excess thirst



☐ Frequent urination



itching in areas like under breasts or in armpits



☐ Yeast infections or ☐ Excess hunger

Instructions: Call your care provider today to report changes.



You may need a change in your medications or you may need to be seen by your care provider.

Red Zone Warning! Take action - go to the emergency department



☐ Extremely high/ low blood sugars



☐ Extreme fatique and/or confusion



Dizziness, lightheadedness, nausea, vomiting or



☐ Blurry vision, trouble reading or trouble seeing at night.



See a care provider today or go to the emergency department!