




# Diabetes Type 2 Action Plan

Diabetes changes your life, but step-by-step you can put yourself in charge. Remember, you are more than diabetes. Use this Action Plan to help guide your care. Do the following once per year: See your doctor, check your labs, see your eye doctor, and see your foot doctor.

| 1. Each day, check what zone you are in.  | 2. Then, based on your zone, decide what to do.   |  |
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| <p><b>Are you in the GREEN zone?</b> </p> <p>You are if ALL the following apply to you:</p> <ul style="list-style-type: none"> <li>• No symptoms of high or low blood sugar</li> <li>• Blood sugar before breakfast is between 80 to 130 mg/dL</li> <li>• Blood sugar 1 to 2 hours after a meal is below 180 mg/dL</li> <li>• Blood pressure is below 130/80 mmHg most of the time</li> </ul>   | <p><b>If so, follow the GREEN zone action plan:</b></p> <ul style="list-style-type: none"> <li>✓ Keep all your doctor appointments</li> <li>✓ Keep taking your medicines as prescribed</li> <li>✓ Choose healthy delicious food options</li> <li>✓ Be active and move daily as much as you can</li> <li>✓ Check your feet for sores or redness</li> <li>✓ Check your blood sugar at home as recommended</li> </ul>  |  |
| <p><b>Are you in the YELLOW Zone?</b> You need some help, if EVEN ONE of the following applies to you: </p> <ul style="list-style-type: none"> <li>• Blood sugar <b>below</b> 70 mg/dL. When this happens, take action!</li> <li>• Blood sugar is often <b>higher</b> than 200 mg/dL</li> <li>• One or more signs of <b>low</b> blood sugar - feeling drowsy, dizziness, blurred vision, feeling weak, slurred speech</li> <li>• One of more signs of <b>high</b> blood sugar- feeling more thirsty than usual, high need to urinate or pee more, blurred vision</li> <li>• Problems with your medicines for diabetes, including insulin</li> <li>• New sores, redness, and tingling in your feet</li> <li>• New eye problems or your eye problems are getting worse</li> <li>• Problems with – the blood sugar testing strips, the glucometer or machine used to check your blood sugar at home</li> </ul> | <p>For adults, do the “<b>15-15 Rule</b>” when your blood sugar gets below <b>70 mg/dL</b>:</p> <ul style="list-style-type: none"> <li>✓ Eat <b>15 grams</b> of a food high in sugar. For example, a half cup (4 oz.) of fruit juice or regular soda (talk to your doctor to identify your best high sugar food options)</li> <li>✓ Wait <b>15 minutes</b> - recheck your blood sugar</li> <li>✓ If your blood sugar is <b>still</b> below 70 mg/ dL eat <b>another 15 grams</b> of a high sugar food</li> <li>✓ Repeat the steps above until your blood sugar is at least 70 mg/ dL</li> <li>✓ Eat a meal or snack once your blood sugar is back to normal, so it doesn’t get low again</li> </ul> | <p>If you are in the YELLOW or RED zones a lot:</p> <ul style="list-style-type: none"> <li>• Talk to your doctor. You may need changes in your medicines for diabetes.</li> <li>• Work to find diet plans that help you feel better, and fed. Take it one step at a time.</li> </ul> |
| <p><b>Are you in the Red Zone?</b> You need help right away, if you have ANY of these: </p> <ul style="list-style-type: none"> <li>• Nausea, vomiting, abdominal or stomach pain</li> <li>• Dizziness and trouble walking, falling, fainting, passing out</li> <li>• Struggling to breathe, cannot catch your breath, difficulty talking</li> <li>• New or worsening confusion or problems thinking clearly</li> <li>• Extreme fatigue or tiredness, difficulty normal things</li> <li>• Chest pain or tightness that does not go away</li> </ul>   | <p>If so, get help right away!</p> <ul style="list-style-type: none"> <li>✓ <b>Call 9-1-1</b></li> </ul>  |  |