

Know and Follow Your Signals

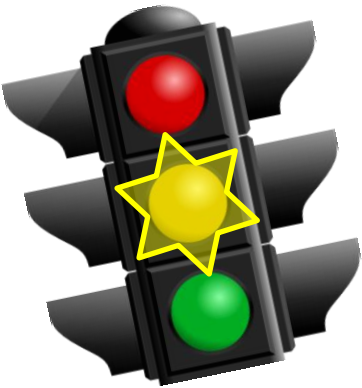
Green means great control

- A1C is under 7
- Average blood sugars typically under 150
- Most fasting blood sugars under 130
- Continue taking all your medications as ordered
- Continue routine blood sugar screening
- Follow healthy eating habits
- Keep doctor appointments



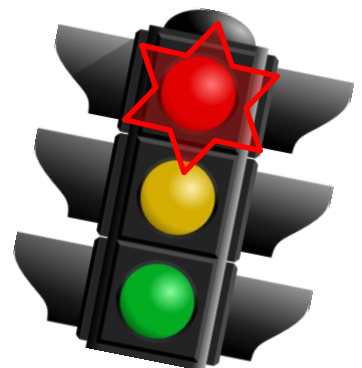
Yellow means caution

- A1C between 7 and 9
- Average blood sugar between 150-210
- Most fasting blood sugars between 130-200
- Work closely with your health care team when your averages are in this range
- You may need an adjustment of your medications
- Improve your eating habits
- Increase your activity level
- Call your doctor if changes in your activity level or eating habits don't decrease your fasting blood sugar levels.



Red means stop and think

- A1C greater than 9
- Average blood sugar over 210
- Most fasting blood sugars well over 200
- Call your doctor when your averages are in this range
- You need to be evaluated by a doctor



This material was prepared by Primaris, a Medicare Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating
The Division of Agriculture offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.