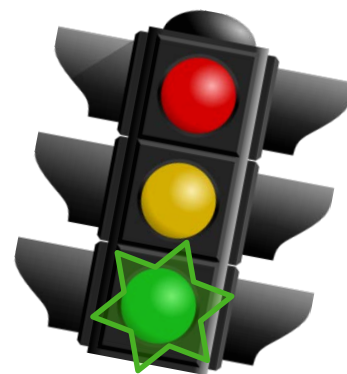


Know and Follow Your Signals

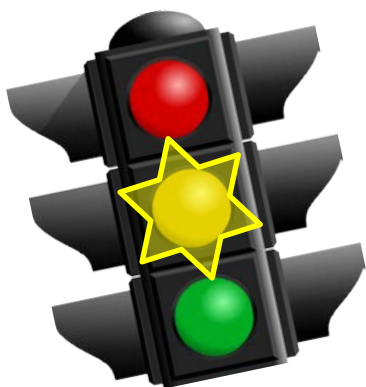
Green means great control

- 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

