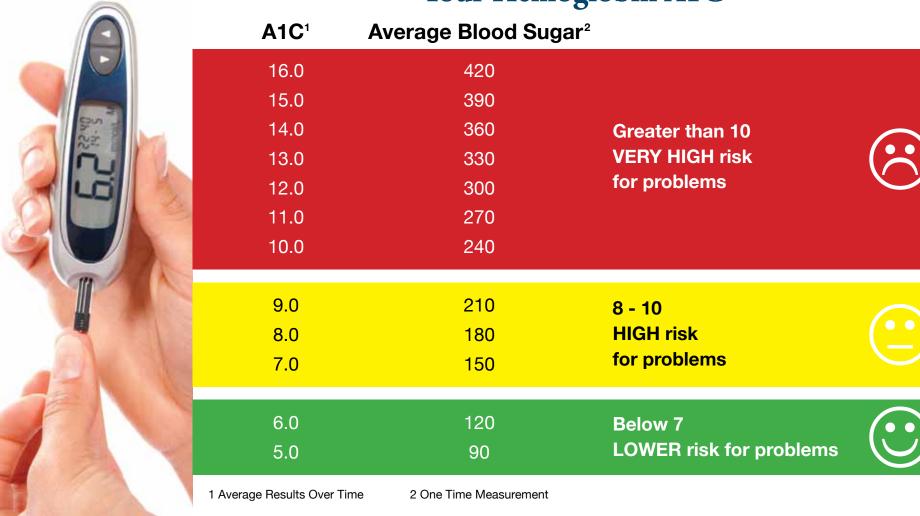
# **Know Your Numbers**

# Your Hemoglobin A1C



# Action Plan for Hemoglobin A1C

#### **Green Zone: Great Control**

#### **Green Zone**

- HbA1c is under 7
- Average blood sugars typically under 150
- Most fasting blood sugars under 150
- Your blood sugars are under control
- Continue taking your medications as ordered
- Continue routine blood glucose monitoring
- Follow healthy eating habits
- Keep all physician appointments

#### **Yellow Zone: Caution**

## **Yellow Zone**

- HbA1c between 7 and 9
- Average blood sugar between 150—200
- Most fasting blood glucose under 200

Work Closely with your health care team if you are going into the yellow zone.

- Your blood sugar may indicate that you need adjustment of your medication
- Improve your eating habits
- Increase your activity level
- Call your health care provider or nurse if changes in your activity level or eating habits don't decrease your fasting blood sugar level

### **Red Zone: Stop and Think**

- HbA1c greater than 9
- Average blood sugars are over 210
- Most fasting blood sugars are well over 200

Call your health care provider if you are going into the RED zone.

## **Red Zone**

- You need to be evaluated by your health care provider
- Double check that you are taking your medication as directed
- Bring your blood sugar log to your next doctor visit