

# GREEN ZONE

*You're Good to GO*

# YELLOW ZONE

*Proceed With CAUTION*

# RED ZONE

*STOP— Call Your Doctor/Nurse*

Adapted from  
Georgia Hospital Association

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health.

Please consult your health care provider if you have any questions about your health or treatment.

City Medical | Madison Heights Office | 30581 Stephenson Hwy | Madison Heights, MI 48071  
(p) 248-589-1770 | Fax: 248-589-2838 | Southgate Office | 13636 Dix-Toledo | Southgate, MI 48195  
(p) 734-283-2262 | Fax: 734-283-8121



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Get in the  
**ZONE**

for Glycemic Control



*diabetes*



## GREEN ZONE

### YOUR BLOOD SUGAR IS UNDER CONTROL

- Your blood sugar range will change throughout the day.
  - Before meals: 70-130 mg/dL
  - After meals: <180 mg/dL
 (Corresponds to your recommended A1C goal \_\_\_\_%)
- Continue taking your medications as prescribed\*
- Continue checking your blood sugar regularly\*
- Follow healthy eating habits\*
- Keep all doctor appointments\*

\*General advice for all zones



## YELLOW ZONE

### YOUR DOCTOR MAY LIKELY NEED TO ADJUST YOUR MEDICATIONS

- Average blood sugar is between 150 and 210 mg/dL most of the time (Corresponds to A1C between 7% and 9%)
- Improve your eating habits
- Improve your activity level

**Work closely with your health care team if you are going into the YELLOW Zone. Call your health care provider or certified diabetes educator if following the recommended changes in your activity level and/or eating habits doesn't decrease your blood sugar levels.**



## RED ZONE

### YOU NEED TO BE CHECKED BY A DOCTOR

- Average blood sugar is over 210 mg/dL most of the time (Corresponds to A1C >9%)
- Most fasting blood sugars are well above 200 mg/dL

**Call your health care provider if you are in the RED Zone or if your blood sugar is above**

\_\_\_\_\_ mg/dL.

Health care provider: \_\_\_\_\_

Number: \_\_\_\_\_