



# DIABETES

## Know and Follow Your Signals

### Green means great control



- A1C is under 7
- Average blood sugar is typically under 150
- Most fasting blood sugar is under 130
- Your blood sugar is under control
- 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 is between 150 - 210
- Most fasting blood sugar is between 130 - 200
- Work closely with your health care team when your averages are in this range
- You may need an adjustment of your medication
- Improve your eating habits
- Improve 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 is greater than 9
- Average blood sugar is over 210
- Most fasting blood sugar is well over 200
- Call your doctor when your averages are in this range
- You need to be evaluated by a doctor
- If you have a blood sugar over \_\_\_\_\_, follow these instructions:

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**For more tools, please visit:**  
**[www.primaris.org/CKD](http://www.primaris.org/CKD)**



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