

ZONE EDUCATION - DIABETES



P3 Health Partners is a health population management group founded and led by physicians who want to shift the industry's focus from managing illness to cultivating wellness. Our job is to make sure you get the attention and care you deserve when you need it most.

Each of these Zones identifies the symptoms to be aware of to help manage your Diabetes. Use this guide to monitor and recognize the signs of Diabetes and understand what actions to take to improve your health.

Patient Name: _____ Date of Plan: _____

Provider Name: _____ Provider #: _____

P3 Care Management Team: _____

Emergency Contact: _____ Emergency Contact #: _____

DAILY CARE

Take your Preventative Medications daily:

Medication	How Much	When



GREEN ZONE

You are in the clear. Keep up the good work!

You have no symptoms of high or low blood sugar and you have:

- A fasting blood sugar of 80-130 (before food or drink in the morning)
- A blood sugar 2 hours after meals that is less than 180
- A1c (your average blood sugar over several months) is under 8%



YELLOW ZONE: CAUTION

These are warnings of **LOW** blood sugar:

- Shakiness
- Extreme hunger
- Pale skin
- Sudden mood or behavior changes (crying without reason)
- Dizziness
- Headache
- Sweating

Take action:

1. Check your blood sugar and write it down.
2. Eat 15-20 grams of sugar or starches. (Such as 1/2 cup of fruit juice, or regular soda; or 4 or 5 saltine crackers; or 4 teaspoons of sugar; or 1 tablespoon of honey or corn syrup).
3. Wait 15-20 minutes and check your blood sugar again. If it is still below 60, eat 15-20 grams of sugar/starch again.
4. Once you've managed to raise your blood sugar, be sure to have some protein (peanut butter, cheese, handful of nuts).

If your symptoms do not go away, call your Primary Care Provider or P3 Care Management Team at: () _____

These are warnings of **HIGH** blood sugar:

- Extreme thirst
- Nausea and vomiting
- Belly (stomach) pain
- Blood sugar of 240 (or higher if you are used to higher levels)
- Increase in urinating/passing water
- Fruity smelling breath
- Deep/rapid breathing

If your symptoms do not go away, call your Primary Care Provider or P3 Care Management Team at: () _____

RED ZONE: EMERGENCY

If you are experiencing ANY of the symptoms below, call 911 or go to the Emergency Room.

- Lack of coordination and confusion
- Double vision
- Fainting or passing out
- Convulsions or a seizure

