

Diabetes management and prevention plan

Know how your body feels when your blood sugar is too high or too low. If you notice signs, act right away. This helps keep you safe and out of the hospital. Follow your plan and check your sugar to stay healthy. Please speak with a physician about these recommendations and determine the best plan for your health.

Green zone: good

- Blood sugar in target range
- Feeling well

Actions to stay in the green zone:

- Check your blood sugar
- Take your medicines
- Eat well-balanced, healthy diabetic diet by focusing on fruits, vegetables, whole grains, and lean proteins, while cutting back on sugary and processed foods to help keep your blood sugar steady

- Stay active
- Know signs of low blood sugar (hypoglycemia)
 - Shaky, sweaty, dizzy, confused, or weak
- Watch for high blood sugar
 - Signs: Very thirsty, tired, or frequent urination
- Take care of your feet to avoid diabetic ulcers by maintaining good hygiene, inspecting for cuts or sores daily, keeping feet clean and dry, and wearing properly fitting shoes
- Keep doctor appointments
 - Get regular checkups, labs, and eye exams

Yellow zone: caution

- Blood glucose high or low
- Feeling tired or weak
- Feeling very thirsty
- Frequent urination (peeing a lot)
- Blurred vision
- Headache
- Feeling shaky, sweaty, or dizzy (can be low blood sugar)
- Trouble focusing or thinking clearly

Actions to get in the green zone:

- Check your blood sugar more often
- Take your medicine as prescribed
- Drink water (helps lower high blood sugar)

If your blood sugar is low:

- Eat or drink sugar (juice, candy, glucose tablets)
- Recheck in 15 minutes

If your blood sugar is high:

- Avoid sugary foods and drinks
- Follow your doctor’s plan (may include insulin)
- Watch your symptoms closely
- Rest and avoid heavy activity if you feel unwell

Steps to take if you think you may be heading toward the red zone:

- Call the 24/7 Nurses Advice Line
- Utilize MD Live
- Know where the closest urgent care is and what their hours are

Red zone: danger**Signs of very low blood sugar:**

- Very shaky or weak
- Confused or cannot think clearly
- Passing out or hard-to-wake
- Seizure

Signs of very high blood sugar:

- Very sleepy or confused
- Nausea or vomiting
- Trouble breathing
- Fruity smell to breath

Actions to get to a lower zone:

- If able, take fast sugar for low blood sugar (juice, glucose tablets)
- Use insulin if your doctor has told you to for high blood sugar

Call 911 immediately if:

- You feel like you are going to pass out
- You cannot stay awake
- You have trouble breathing
- You are very confused

Services may be limited. Please review your benefit documents to confirm available services and any costs.

Sources:
[cdc.gov/diabetes/living-with/index.html](https://www.cdc.gov/diabetes/living-with/index.html)
[cdc.gov/diabetes/index.html](https://www.cdc.gov/diabetes/index.html)
[diabetes.org/living-with-diabetes](https://www.diabetes.org/living-with-diabetes)

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