

### EVERYDAY

Blood sugar levels are under control

Taking medications as ordered

Performing routine blood glucose monitoring

Following healthy eating habits

Keep physician appointments



### GREEN ZONE

A1c less than **7%**

Average blood sugar **less than 150**

Most fasting blood sugar levels **less than 150**



### YELLOW ZONE

A1c between **7% - 9%**

Average blood sugar **between 150-210**

Most fasting blood sugar levels **less than 200**

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



### RED ZONE

A1c is greater than **9%**

Average blood sugar levels are **greater than 201**

Most fasting blood sugar levels are **greater than 200**

**Call your physician if you are going into the red zone.**