

| Your Hemoglobin A1c (HgbA1c) goal: | Your blood sugar range target: |
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| Green Flags – All Clear 🚩 | |
| <p>If you have:</p> <ul style="list-style-type: none"> • HgbA1c less than 7 • Fasting blood sugar is 90-130 • Blood sugar less than 180 (1-2 hours after eating) • Blood pressure less than 130/80 • No decrease in your ability to maintain your activity level | <p>What this means:</p> <ul style="list-style-type: none"> • Your blood sugars are under control • You are achieving targets for low cholesterol intake • Continue to take your medications as ordered • Continue routine blood glucose monitoring • Follow healthy eating habits—the “Plate Diet” • Walk up to 30 minutes per day • Keep all physician appointments |
| Keep up the great work! | |
| Yellow Flags – Caution 🚩 | |
| <p>If you have :</p> <ul style="list-style-type: none"> • HgbA1c between 7 percent and 8 percent • Average blood sugar 150-210 • Most fasting blood sugars less than 200 • Blood pressure greater than 140-90 | <p>What this means:</p> <ul style="list-style-type: none"> • You may need your medications adjusted • Improve your eating habits • Increase your activity level • Decrease your salt intake <p>Call your doctor, nurse, or diabetic educator if changes in your activity level or eating habits don't decrease your fasting blood sugar levels.</p> <p>Name: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> |
| If you notice a Yellow Flag, work closely with your health care team. | |
| Red Flags—Stop and Think 🚩 | |
| <p>If you have:</p> <ul style="list-style-type: none"> • HgbA1c greater than 9 percent • Average blood sugars greater than 210 • Most fasting blood sugars well over 200 | <p>What this means:</p> <p>If you have blood glucose over _____, Call your physician immediately</p> <p>Physician: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> <p>In an emergency situation: Call 911</p> |
| If you notice a Red Flag, call your physician immediately. | |

Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

Clark County: 360-694-8144—iaclark@dshs.wa.gov

Cowlitz and Wahkiakum Counties: 360-577-4929—iakelso@dshs.wa.gov

Klickitat County: Goldendale: 509-773-3757 White Salmon: 509-493-3068—
kcinfo@klickitatcounty.org

Skamania County: 509-427-3990—seniorsia@co.skamania.wa.gov

www.helpingelders.org