

Controlling your diabetes is important to your good health, so we've created this action plan as a guide to help you manage your diabetes symptoms. Take it with you the next time you see your doctor: He or she can help you decide on the plan of action that is best for you.

My Name:		Date:	Date:		
MY TEAM	NAME	PHONE	LOCATION		
Primary Doctor					
Specialist					
Pharmacist					
Urgent Care Center					
Emergency Room					

# WHEN I FEEL WELL

#### MY NORMAL SYMPTOMS ARE:

	Му	blood	glucose	level	is	normal
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- My stress level is under control
- I feel good
- Other \_\_\_\_\_

### **CONTINUE TO:**

- Monitor my blood glucose
- Take my medications

THIS IS WHAT TO DO:

Check my blood glucose more often than usual

of highs and lows, or if my symptoms persist

If my blood glucose levels are too high or too low, try some of the actions

Call my doctor if I have repeated patterns

on the other side of this sheet

- Eat a balanced diet
- Exercise regularly

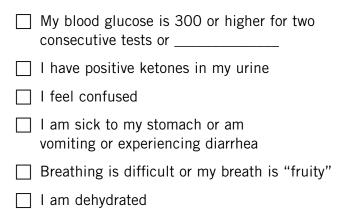
#### WHEN I FEEL WORSE

#### SYMPTOMS I MAY HAVE:

My blood glucose level is any of the following:

- Over 200 mg/dl or \_\_\_\_\_ for no reason
- Elevated at the same time of day for three days in a five-day period
- Frequently less than 70 mg/dl or \_\_\_\_
   I feel stressed, tired, depressed or
  - like I don't have any energy
- I feel like I'm sick
- Other \_\_\_\_\_

#### WHEN I FEEL MUCH WORSE



#### THIS IS WHAT TO DO:

- Call your doctor right away for directions and actions to take
- Follow the steps on the other side of this sheet for when I get sick

Other \_\_\_\_\_

#### More information on other side



# WHAT TO DO WHEN I'M SICK

- Continue taking my medication as directed
- Check my urine for ketones if my blood glucose is 240 mg/dl or higher and I have Type 1 diabetes
- Eat regularly and drink plenty of fluids. Soup, toast and sips of juice are good choices for an upset stomach
- Check my blood glucose level every 3 to 4 hours
- Call my doctor if:
  - My blood glucose before I eat is over 240 mg/dl and stays at that level for more than 24 hours, OR
  - I have been vomiting or having diarrhea for more than 6 hours

# WHEN MY BLOOD GLUCOSE (BG) IS HIGH OR LOW

	<ul> <li>My blood glucose is HIGH whenever:</li> <li>My blood glucose level reading is above my target range, OR</li> <li>My blood glucose level reading is above 200</li> </ul>	<ul> <li>My blood glucose is LOW whenever:</li> <li>My blood glucose level reading is at 70 or below</li> </ul>		
What Can Cause It	<ul> <li>Eating too much</li> <li>Missing a dose of medication</li> <li>Exercising too little or not as much as usual</li> <li>Feeling stressed, getting sick or having surgery</li> <li>Taking steroids</li> <li>Getting not enough sleep or having sleep apnea</li> </ul>	<ul> <li>Not eating enough food or missing a meal</li> <li>Taking too much medication</li> <li>Exercising too much or more than I'm used to</li> <li>Drinking alcohol without eating</li> </ul>		
Symptoms	<ul> <li>I'm thirstier and/or hungrier than usual</li> <li>I have to go to the bathroom more often</li> <li>I feel more tired than normal</li> <li>My vision is blurred</li> </ul>	<ul> <li>My skin feels cold and clammy and/or I'm sweating</li> <li>I feel dizzy or shaky</li> <li>My heart is beating hard and fast</li> <li>I have a headache</li> <li>I feel confused or irritated</li> </ul>		
What I Can Do	<ul> <li>Check my blood glucose level right away</li> <li>Drink water or sugar-free liquids</li> <li>If taking insulin, check with my doctor to see if I need to take an extra dose</li> <li>Check my glucose level every four hours until normal</li> <li>Call my doctor if my glucose level is still not going down after two checks, or if I feel worse</li> </ul>	<ul> <li>Check my blood glucose level right away</li> <li>Eat or drink 15 grams of fast-acting sugar (such as ½ cup of juice, 3 to 4 glucose tablets, 6 ounces of regular soda or 7 to 8 jelly beans). Then, check my glucose level after 15 minutes:</li> <li>If my level is back up Eat a small snack if my next meal is more than a half hour away</li> <li>If my level is still low Call my doctor</li> </ul>		

SCAN Health Plan is an HMO plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal.