




Your Hemoglobin A1c (HgbA1c) goal:	Your blood sugar range target:
<b>Green Flags – All Clear</b> 	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• HgA1c less than 7</li> <li>• Fasting blood sugar is 90-130</li> <li>• Blood sugar less than 180 (1-2 hours after eating)</li> <li>• Blood pressure less than 130/80</li> <li>• No decrease in your ability to maintain your activity level</li> </ul>	<p><b>What this means...</b></p> <ul style="list-style-type: none"> <li>• Your blood sugars are under control</li> <li>• You are achieving targets for low cholesterol intake</li> <li>• Continue to take your medications as ordered</li> <li>• Continue routine blood glucose monitoring</li> <li>• Follow healthy eating habits—the “Plate Diet”</li> <li>• Walk up to 30 minutes per day</li> <li>• Keep all physician appointments</li> </ul>
<b>Keep up the great work!</b>	
<b>Yellow Flags – Caution</b> 	
<p><b>If you have :</b></p> <ul style="list-style-type: none"> <li>• HgbA1c between 7 percent and 8 percent</li> <li>• Average blood sugar 150-210</li> <li>• Most fasting blood sugars less than 200</li> <li>• Blood pressure greater than 140-90</li> </ul>	<p><b>What this means...</b></p> <ul style="list-style-type: none"> <li>• You may need your medications adjusted</li> <li>• Improve your eating habits</li> <li>• Increase your activity level</li> <li>• Decrease your salt intake</li> </ul> <p>Call your doctor, consulting 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>
<b>If you notice a Yellow Flag, work closely with your health care team.</b>	
<b>Red Flags—Stop and Think</b> 	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• HgbA1c greater than 9 percent</li> <li>• Average blood sugars greater than 210</li> <li>• Most fasting blood sugars well over 200</li> </ul>	<p><b>What this means...</b></p> <p>If you have blood glucose over _____, Call your healthcare provider immediately.</p> <p>Name:</p> <p>Number:</p> <p>Follow these instructions: CALL 9-1-1</p>
<b>If you notice a Red Flag, CALL 9-1-1. Emergency!</b>	

### **Southeast Washington Aging and Long Term Care**

At Aging and Long Term Care, 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

**Yakima County:** 509-469-0500 -- [ADR CYakima@dshs.wa.gov](mailto:ADR CYakima@dshs.wa.gov)

**Kittitas County:** 509-925-8765 – [ADR CKittitas@dshs.wa.gov](mailto:ADR CKittitas@dshs.wa.gov)

**Benton/ Franklin County:** 509-735-0315 – [ADR CBenton-Franklin@dshs.wa.gov](mailto:ADR CBenton-Franklin@dshs.wa.gov)

**Walla Walla County:** 509-529-6470 – [ADR CWallaWalla@dshs.wa.gov](mailto:ADR CWallaWalla@dshs.wa.gov)

**Columbia County:** 509-382-4787 -- [ADR CColumbia@dshs.wa.gov](mailto:ADR CColumbia@dshs.wa.gov)

**Garfield County:** 509-843-3563 – [ADR CGarfield@dshs.wa.gov](mailto:ADR CGarfield@dshs.wa.gov)

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