

## DIABETES



# Diabetes Action Plan

Update and discuss the following information annually with your health care provider to help keep your diabetes under control.

Name \_\_\_\_\_ Date \_\_\_\_\_

Health Care Provider \_\_\_\_\_ Phone \_\_\_\_\_

Endocrinologist \_\_\_\_\_ Phone \_\_\_\_\_

### DIABETES MEDICATIONS

Medication Name	Dose (mg)	Frequency	Route (By Mouth or Injection or Inhaler)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

### EXERCISE

Appropriate amount of exercise you should be doing:

\_\_\_ times a week    \_\_\_ target heart rate    \_\_\_ minutes a session

### DIET/NUTRITION

Appropriate amount of food you should be eating:

\_\_\_ calories/day    \_\_\_ g carbohydrates/day

### MONITORING

How often you should be monitoring your blood sugar:

- Monitor your blood sugar \_\_\_\_\_ times/day.
- If your blood sugar is above \_\_\_\_\_ or below \_\_\_\_\_, call your physician.  
(parameters set by health care provider)

**Check your blood sugar if you are experiencing any of these low blood sugar symptoms:**

- Shaking
- Fast heart beat
- Sweating
- Anxiousness
- Dizziness
- Hunger
- Headache
- Irritability
- Impaired vision
- Weakness
- Fatigue

**If your blood sugar is lower than 70 mg/dL :\***

- Eat something with sugar in it (3-4 glucose tabs, ½ cup sugar-sweetened soda or ½ cup orange juice).
- Wait 15 minutes and then check your blood sugar again.
- Have a snack (e.g., ½ a sandwich) if next meal is more than 30 minutes away.

**Check your blood sugar if you are experiencing any of these high blood sugar symptoms:**

- Extreme thirst
- Frequent urination
- Blurred vision
- Hunger
- Dry skin
- Drowsiness
- Nausea

**If your blood sugar is higher than \_\_\_\_\_ mg/dL :\***

Call your health care provider.

\* Values consistent with ADA recommendations. Specific values should be established for each patient.

**REMINDERS**

- Examine your feet daily for scrapes, cuts or bruises. Report these or any changes to your health care provider.
- Your next HbA1c test should be performed on: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_
- Flu Vaccine
- The next time you need an eye exam is: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_
- Your next LDL test should be performed on: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_
- Pneumonia Vaccine

**SICK DAY MANAGEMENT**

- Continue taking your diabetes medication.
- Check your blood sugar \_\_\_\_\_.
- Eat regularly (soup, toast, and juice are good choices if your stomach is upset).
- Drink plenty of fluids.
- Call your health care provider if \_\_\_\_\_



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