

YOUR DIABETES ACTION PLAN

Take action on your blood sugar

A main goal of treating diabetes is to keep your blood sugar controlled.

Keep your blood sugar under control as discussed with your health care provider. You can help manage your blood sugar by

- Making healthy food choices
- Being physically active
- Checking blood sugar levels and keeping track of them
- Taking medicine

Keep a record—know your numbers

ADA TARGETS FOR BLOOD SUGAR	YOUR GOAL*
A1C < 7%	_____ %
Before meals: 70 to 130 mg/dL	_____ to _____ mg/dL
2 hours after the start of a meal: Less than 180 mg/dL	Less than _____ mg/dL

*These goals are appropriate for many patients with diabetes. However, they may not be right for you. Talk to your health care provider about the goals that are right for you.

ADA=American Diabetes Association.



TIP

Call your health care provider if you have any questions about checking your blood sugar.

Keep your blood sugar levels in the target range that you discussed with your health care provider. It may help prevent or delay health problems related to diabetes. Diet, exercise, and some types of medicines can help manage blood sugar levels.

Talk to your health care team about what to do if you have high or low blood sugar.

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What to do if you have low or high blood sugar

Talk with your health care team about what to do if you have high blood sugar and when you should contact them.

Common symptoms of high blood sugar (hyperglycemia [hy-per-gly-SEE-mee-uh]):

Feeling thirsty, having to urinate more often, losing weight, or blurred vision. You may also not have any symptoms.

Common symptoms of low blood sugar (hypoglycemia [hy-po-gly-SEE-mee-uh]):

Feeling nervous, tired, confused, and shaky

Symptoms may be mild at first. They may worsen quickly if you do not treat them. If you have these symptoms, test your blood sugar right away.

If your blood sugar is below 70 mg/dL or you have these symptoms:

1. Eat or drink **ONE** of these items:

½ cup fruit juice; 4 tsp sugar; 1 hard candy; 4 or 5 saltine crackers;
3 or 4 glucose tablets; 1 cup of low-fat milk; or ½ can of regular soda (not diet)

2. Wait 15 minutes. Then check your blood sugar again.

3. Repeat steps 1 and 2 until your blood sugar is 70 mg/dL or above. If your blood sugar is still less than 70 mg/dL, or if you do not feel better, repeat steps 1 and 2 until your blood sugar is 70 mg/dL or above.

4. If your next meal is 1 hour or more away, eat a snack once your quick-fix foods have raised your blood sugar to 70 mg/dL or above.

5. If you still do not feel better or if your blood sugar stays below 70 mg/dL, call 911 right away.

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