

LIVING WITH DIABETES How am I feeling today?



eBrightHealth ACO
an accountable care organization

My Primary Care Team Contact Information:

EVERY DAY I NEED TO

- ✓ Ask “How do I feel today?”
- ✓ Take my medicine exactly as directed. Call my pharmacy to refill my medicine at least 2-3 days before it will run out.
- ✓ Avoid high sugar foods and drinks.
- ✓ Exercise.
- ✓ Check and write down my blood sugar.

A NORMAL DAY FOR ME

- ✓ I feel normal. I have no symptoms of high or low blood sugar.
- ✓ I am not having any problems eating or exercising.
- ✓ My blood sugars are normal.
 - Before I eat or drink in the morning, my blood sugar is between 80-130.
 - 2 hours after I eat, my blood sugar is less than 180.

A BAD DAY FOR ME

- ✓ I feel bad. I have symptoms of high or low blood sugar (see signs on back).
- ✓ My blood sugars are not normal.

My blood sugar is too low (less than 70). What should I do?

1. Eat 15 grams of carbs, like a half a cup of regular soda (not diet) or fruit juice, 1 small box of raisins, or 3 glucose tablets.
2. Wait 15 minutes and then check your blood sugar again.

My blood sugar is too high (more than 200). What should I do?

1. Drink plenty of water.
2. Make sure you took your medicine correctly.



If you do these things and your blood sugar is still too high or too low:

1. **Call your Primary Care Team today.**
2. **Tell them how you are feeling and your recent blood sugars.**

A DAY WHEN I NEED HELP RIGHT AWAY

- ✓ I feel really bad.
- ✓ My blood sugars are not normal.



If you have any of these dangerous symptoms of high or low blood sugar:

- **Feeling confused.**
- **Lack of coordination.**
- **Fainting or passing out.**
- **Seizures or convulsions.**
- **Feeling very tired or drowsy.**



Call your Primary Care Team RIGHT AWAY.

IF YOU THINK YOUR LIFE IS IN DANGER, CALL 911 or have someone take you to the nearest Emergency Department.

LIVING WITH DIABETES *How am I feeling today?*

Signs of HIGH Blood Sugar



Thirst



Hunger



Weakness/Fatigue



Blurred Vision



Dry Skin



Sore is Not Healing



Urinating Often



Nausea

Signs of LOW Blood Sugar



Shaking



Anxiety



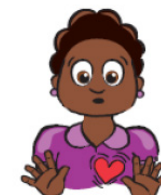
Sweating



Dizziness



Hunger



Fast Heartbeat



Blurred Vision



Weakness/Fatigue



Headache



Irritable