

# Diabetes Action Plan



**Here is your Diabetes Action Plan. Fill out the chart on the back with your doctor so you can know what to do when you have symptoms.**

You cannot always tell if you have high or low blood sugar because the symptoms are different for different people. Therefore, testing your blood sugar at home, on the schedule recommended by your doctor, is very important in helping to control your diabetes. Use the chart on the back to help guide you.

## Here is a list of Rescue Foods

(all have about 15 grams of carbohydrate):

- 1/2 cup of fruit juice
- 1/3 can of soda (not diet)
- 1 cup of milk
- 2 Tbsp of raisins
- 1 Tbsp of sugar
- 6-7 Lifesavers
- 1/2 cup of ice cream
- 1 Tbsp of honey or syrup
- Glucose pills or gel

## Things you can do to help avoid trips to the emergency room

1. Wear a bracelet that identifies you as having diabetes. These can be purchased online or at any drug store.
2. Test your blood sugar on a schedule recommended by your doctor and at the first sign of any symptoms of low blood sugar.
3. Keep a high sugar snack (Rescue Foods as listed above) in places like your car, desk, and purse or pocket.
4. Make sure your family, friends, and co-workers know that you have diabetes so they can assist you if you need help. Tell them what rescue foods you have and where you keep them.

**Connections<sup>SM</sup> Health  
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# Low Blood Sugar

*Take this to your doctor*

When I feel...	My doctor says I should...
<p>Anxious, irritable, sweaty, weak, shaky, hungry, or sleepy</p> <p>Other symptoms I may experience include:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Step 1:</b> Check my blood sugar with a meter if I can. If my blood sugar is low, go to <b>Steps 2 and 4</b>. For me, low blood sugar means it is at or below: _____mg/dl.</p> <p><b>Step 2:</b> Eat or drink a Rescue Food. (See the Rescue Food list.)</p> <p><b>Step 3:</b> Wait 15 to 20 minutes and then check again. If my blood glucose is still low, I will repeat <b>Steps 2 and 3</b>. If I have repeated <b>Steps 2 and 3</b> and my blood glucose is still low, I will follow the diabetes response plan I created with my doctor. If my blood glucose has returned to normal, I will stop drinking and eating foods listed in the Rescue Foods. I may still feel the signs of low blood sugar even after my blood sugar is back to normal. <b>Go to Step 4</b>.</p> <p><b>Step 4:</b> If my next meal is over an hour away, I will eat a small snack of carbohydrate and protein such as a slice of bread with peanut butter or crackers and cheese.</p> <p><b>Steps for others to take if I cannot assist myself:</b></p> <p>_____</p> <p>_____</p> <p>_____</p>

# High Blood Sugar - Please have your doctor fill this in with you.

When I feel...	My doctor says I should...
<p>Headache, blurry vision, thirst, hunger, upset stomach, frequent urination, dry itchy skin, or breath that smells fruity</p> <p>Other symptoms I may experience include: _____</p> <p>_____</p> <p>_____</p>	<p><b>Step 1:</b> Check my blood sugar with a meter if I can. For me, high blood sugar means it is at or above _____mg/dl.</p> <p><b>Step 2:</b> _____</p> <p>_____</p> <p>_____</p> <p><b>Step 3:</b> _____</p> <p>_____</p> <p>_____</p>

The information presented here is not intended to diagnose health problems or to take the place of information or medical care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult your physician or other medical professional.

For questions, health information, and support, talk to your Health Coach. A Health Coach is available by phone — at no cost to you — 24 hours a day, seven days a week.

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