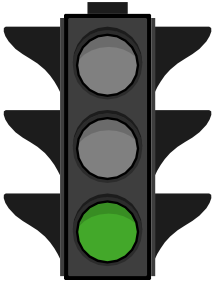


Your Plan for Action

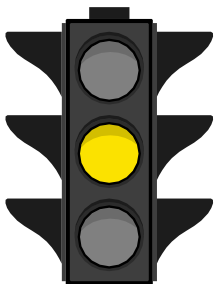
- Use this guide to tell your doctor about changes in your symptoms.
- You are less likely to go to the hospital when you notice your symptoms early and take action.

You are taking the right steps to manage your diabetes.



- I am taking my medicine as prescribed.
- My energy is steady, and I can do my daily tasks.
- I check and manage my blood sugar as my doctor told me.
- I do not feel dizzy or shaky.
- I can eat and sleep normally.

Take action today. Call your doctor, the MyCare Advice Line, or schedule a same day in-person or virtual appointment.

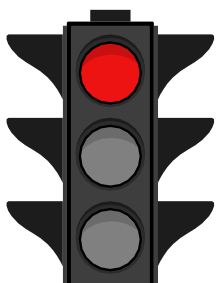


- I have new or worsening symptoms.
- I need a refill of my medicine.
- I have mild shakiness or sweating.
- I have a new or worsening headache.
- I feel more tired or irritable than normal.
- I am more thirsty than usual.
- I am urinating more than usual.
- My vision is blurry.
- My blood sugar is at or above 240 mg/dL for 2 days in a row.
- I have not been able to eat or drink, feel nauseous, threw up, or have diarrhea for more than 6 hours.

Check blood sugar:

- If your blood sugar is **high**: drink water, take medicine as prescribed, move your body lightly if safe, avoid sugary foods/drinks, and then recheck your blood sugar.
- If your blood sugar is **low**: follow the 15/15 rule (15 grams of carbohydrates, recheck blood sugar in 15 minutes. Repeat. Call your doctor if you cannot get your sugar up.

Take action now! Call 9-1-1 or have someone take you to the Emergency Department right away!



- I am very shaky, confused, or not able to think clearly.
- I have trouble staying awake.
- I am vomiting or not able to keep fluids down.
- I have a fruity breath smell.
- I have severe stomach pain.
- I have trouble thinking clearly.
- I have trouble breathing.