

LEARN  
HOW TO STAY  
IN YOUR  
POWER  
ZONE!

CAPTAIN LANTUS GUIDE TO

# BLOOD SUGAR HEROES

UNDERSTANDING BLOOD SUGAR LEVELS

KNOW  
YOUR  
NUMBERS  
POWER  
YOUR DAY!



★  
INCLUDES  
FUN TIPS,  
ACTIVITIES &  
HERO  
CHALLENGES!



LEARN



CHECK



UNDERSTAND



BE A HERO

# WHAT IS BLOOD SUGAR?



When you eat **food**, your body breaks it down into **sugar (glucose)**. The sugar goes into your **bloodstream** and travels to your **cells**. **Insulin** is the key that helps the sugar get into your cells, where it is used for **energy**!

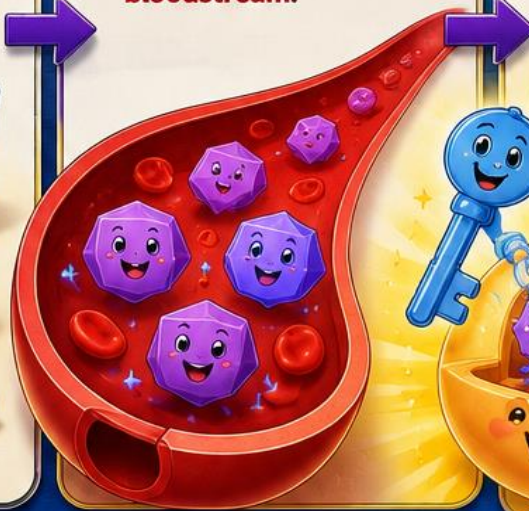
## 1 FOOD

You eat delicious food that gives your body **fuel**.



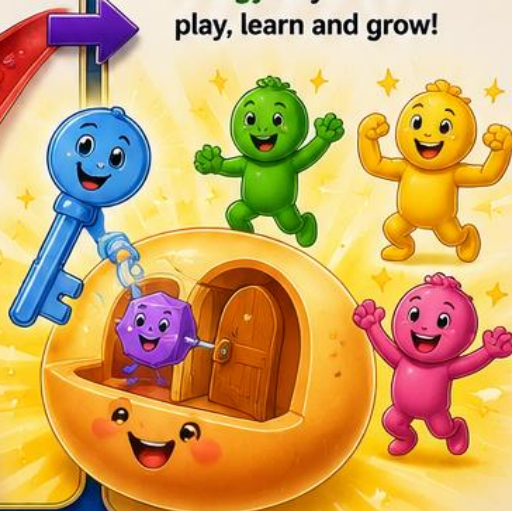
## 2 SUGAR

Your body breaks food down into **sugar**. The sugar goes into your **bloodstream**.



## 3 ENERGY

Insulin helps the sugar get into your cells. Your **cells** use it for **energy** so you can play, learn and grow!



FOOD



SUGAR



ENERGY



### HERO FACT!

Your body needs the right amount of sugar in your blood to work its best!

### ★ WHY IT MATTERS ★

Too little or too much sugar can make you feel yucky. That's why it's important to check your blood sugar and keep it in your power zone!



Stay in your power zone and feel your **BEST!**



LEARN IT. UNDERSTAND IT. USE IT. BE A HERO!



# ★ THE ★ BLOOD SUGAR TRAFFIC LIGHTS

★ A Captain Lantus Guide to Understanding Blood Sugar Levels ★

Let's learn how to keep our blood sugar in the best zone!



## GREEN ZONE

😊 Feeling Good

- ★ Lots of energy
- ★ Ready to play
- ★ Ready to learn
- ★ Feeling strong



## YELLOW ZONE

👁️ Keep An Eye On It

- ★ Check your blood sugar
- ★ Follow your diabetes plan
- ★ Talk to an adult if needed



## RED ZONE

⚠️ Time To Take Action

- ★ Blood sugar may be too high
- ★ Blood sugar may be too low
- ★ Follow your treatment plan
- ★ Ask an adult for help



## ★ HERO FACT!

Blood sugars move up and down all day.

That's completely normal.



Heroes check their levels so they can stay in the Green Zone!



🟢 GREEN = GO!

🟡 YELLOW = CHECK!

🔴 RED = ACT!

3

# WHAT HAPPENS WHEN BLOOD SUGAR GOES LOW?



Beta Town is running out of power!

My body needs quick energy!

When blood sugar goes **too low**, your body doesn't have enough fuel to work its best. The power in Beta Town starts to fade...

ENERGY SUPPLY LOW

POWER LEVEL

## YOU MIGHT FEEL...

### SHAKY



Your body might shake or feel wobbly.

### HUNGRY



Your tummy might growl and you may feel really hungry.

### TIRED



You might feel very tired or have no energy.

### GRUMPY



You might feel grumpy, upset or find it hard to concentrate.



## WHAT CAN HELP?

Quick energy foods can help bring your blood sugar back up fast!



Juice (4-6 oz)



Glucose Tablets



Glucose Gel



Lollies (4-5)



## REMEMBER HERO!

Always tell an adult if your blood sugar goes low so they can help.



★ CHECK IT. TREAT IT. FEEL BETTER. YOU'VE GOT THIS!

Too much **sugar** is staying in the blood.

# WHAT HAPPENS WHEN BLOOD SUGAR GOES HIGH?

When blood sugar goes **too high**, there is too much sugar in your **bloodstream**. Your body can't use it all right away.

Beta Town gets overloaded!



## ★ YOU MIGHT FEEL... ★

### THIRSTY



You might feel very thirsty.

### TIRED



You might feel really tired and have no energy.

### NEED THE TOILET



You might need to go to the toilet more often.

### BLURRY VISION



You might have blurry vision.

## ★ WHAT CAN HELP?



Drink water



Check your blood sugar



Follow your diabetes plan



Talk to an adult if needed

## ★ REMEMBER, HERO!

High blood sugar can happen. The important thing is to act, follow your plan and get back in your **Green Zone!**



💧 CHECK IT. 🛡️ TREAT IT. ★ FEEL BETTER. **YOU'VE GOT THIS!**

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Checking helps me stay in my POWER ZONE.

# ★ HOW HEROES CHECK BLOOD SUGARS ★

BETA TOWN

## ★ THREE WAYS HEROES CHECK! ★

### 1 FINGER PRICK METER

A small drop of blood is tested with a meter. It shows my blood sugar number.



### 2 CGM SENSOR

A tiny sensor on my body checks my blood sugar all the time and shows me the numbers.



### 3 INSULIN PUMP DISPLAY

My pump shows my blood sugar and helps deliver insulin to keep me in my range.



### ★ HERO FACT!

There is no right or wrong way to check. Use what works best for **YOU!**

### ★ WHY HEROES CHECK ★



To know my numbers



To stay in my power zone



To feel my best



To make smart choices

### POWER ZONE



**GREEN ZONE**  
= GO!

**YELLOW ZONE**  
= CHECK!

**RED ZONE**  
= ACT!

### Remember, Hero!

Checking your blood sugar helps you make the best choices for your body every day!

### ★ TOP HERO TIP! ★

Check regularly, follow your plan and always ask for help if you need it!

★ CHECK IT. KNOW IT. OWN IT. YOU'VE GOT THIS! ★

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Everyone's target range is **different**.

# ★ THE HERO RANGE

Not too high. Not too low. Just right for YOU!

BETA TOWN



## ★ GREEN ZONE = GO!

This is your target range. This is where your body works best and you feel your best!



## ★ YELLOW ZONE = CHECK!

Your numbers are heading up or down. Keep an eye on them and follow your plan.



## ★ RED ZONE = ACT!

Your numbers are too high or too low. Take action and follow your treatment plan. Ask an adult if needed.



## ★ HERO FACT!

Blood sugar numbers change all the time. That's **normal!**

Always follow your **diabetes team's advice.**  
They know what's best for YOU!

## ★ TOP HERO TIPS!

- Check regularly
- Follow your plan
- Learn your numbers
- Be proud of yourself!

## ★ YOUR DIABETES TEAM IS YOUR HERO TEAM! ★



DIABETES NURSE



DOCTOR



DIETITIAN



EDUCATOR

Stay in your **Green Zone** as much as you can!



★ YOUR RANGE. YOUR GOALS. YOUR POWER. **YOU'VE GOT THIS!**



# BLOOD SUGAR SUPERPOWERS!

Little choices make **BIG HEROES!**

Every hero makes smart choices every day!  
Tick the superpowers you used today.



I use my superpowers to stay in my **POWER ZONE!**

1



## I CHECKED MY LEVELS

I checked my blood sugar so I know how my body is doing.

2



## I TOLD AN ADULT

I told an adult how I was feeling or what my numbers were.

3



## I CARRIED TREATMENT

I had what I needed with me, just in case I needed to treat a low.

4



## I LEARNED SOMETHING NEW

I learned something new today about diabetes or how to be a hero!

### SUPER BONUS!

Draw a star if you used **ALL FOUR** of your superpowers today!



## YOU ARE AMAZING!



Every time you use your superpowers, you are taking care of your body and being a true **Blood Sugar Hero!**

You've got this, Hero!



CHECK IT.



TREAT IT.



FEEL BETTER.

**YOU'VE GOT THIS!**





# CAPTAIN LANTUS HERO CHALLENGE

Every hero has goals. What are yours?



1

## ★ MY GOAL THIS WEEK ★

Examples: Check my blood sugars • Learn something new  
Remember my supplies • Be brave at school

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2

## ★ MY BIGGEST ACHIEVEMENT ★

Examples: I checked my levels myself • I learned about blood sugar  
I remembered my treatment • I helped someone else

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Small wins become big victories!

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## ★ WHAT MAKES ME PROUD? ★

Examples: Being brave • Being kind • Never giving up  
Learning new things

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## ★★ MY SUPERPOWER TODAY ★★



BRAVE



STRONG



KIND



HELPFUL



DETERMINED

Circle the superpower you used most today!



## HERO MISSION ★

Tick one mission you completed this week!

- I checked my blood sugar
- I asked a question
- I learned something new
- I helped another hero
- I stayed positive

★ YOU ARE A HERO EVERY SINGLE DAY!



YOU HAVE THE POWER TO TAKE CHARGE,  
MAKE GOOD CHOICES AND BE AMAZING!

