

# D i a B i n g o

| B             | I                      | N                                                                                             | G              | O                 |
|---------------|------------------------|-----------------------------------------------------------------------------------------------|----------------|-------------------|
| Hypoglycemia  | Type 2                 | Saturated                                                                                     | Year           | SGLT-2 Inhibitors |
| Gestational   | Thirsty, blurry vision | Fats                                                                                          | 2-4 times      | Afrezza           |
| Glucose       | Type 1                 |  Free Space | 130/80 or less | GLP-1 RAs         |
| Hyperglycemia | Pancreas               | Carbohydrates                                                                                 | Daily          | Glucophage        |
| Lowers        | False                  | Protein                                                                                       | 80—130         | Sulfonylureas     |

# D i a B i n g o

| B             | I                      | N                                                                                             | G              | O                    |
|---------------|------------------------|-----------------------------------------------------------------------------------------------|----------------|----------------------|
| Hyperglycemia | Thirsty, blurry vision | Fats                                                                                          | 2-4 times      | Afrezza              |
| Glucose       | Type 1                 | Carbohydrates                                                                                 | 130/80 or less | NPH, Detemir, Lantus |
| More          | Type 2                 |  Free Space | Year           | Glucophage           |
| Lowers        | False                  | Protein                                                                                       | 80-130         | GLP-1 RAs            |
| Gestational   | Insulin                | 1/3 cup                                                                                       | Less than 180  | Sulfonylureas        |

# D i a B i n g o

| B                 | I             | N                                                                                             | G              | O                                 |
|-------------------|---------------|-----------------------------------------------------------------------------------------------|----------------|-----------------------------------|
| ABC's of Diabetes | Type 1        | Carbohydrates                                                                                 | Less than 180  | Sulfonylureas                     |
| Neuropathy        | Insulin       | Fats                                                                                          | Year           | NPH, Detemir, Lantus              |
| Me                | False         |  Free Space | 80-130         | GLP-1 RAs                         |
| Heart disease     | Type 2        | 1/3 cup                                                                                       | 130/80 or less | Glucophage                        |
| A1c               | Heart disease | Rise                                                                                          | Less than 150  | Regular, Humalog, Novolog, Apidra |

# D i a B i n g o

| B           | I                     | N                                                                                                | G             | O                                       |
|-------------|-----------------------|--------------------------------------------------------------------------------------------------|---------------|-----------------------------------------|
| Gestational | Type 2                | Fats                                                                                             | Less than 150 | Regular,<br>Humalog,<br>Novolog, Apidra |
| Lowers      | False                 | 1/3 cup                                                                                          | 80-130        | GLP-1 RAs                               |
| Medical ID  | Insulin               |  Free<br>Space | Less than 180 | NPH, Detemir,<br>Lantus                 |
| More        | Heart disease         | Rise                                                                                             | Year          | Glucophage                              |
| Me          | Microalbumin /<br>GFR | 50 to 10                                                                                         | Less than 7%  | Injections,<br>Pumps, Pens              |

# D i a B i n g o

| B                 | I                  | N                                                                                              | G             | O                                 |
|-------------------|--------------------|------------------------------------------------------------------------------------------------|---------------|-----------------------------------|
| ABC's of Diabetes | False              | 1/3 cup                                                                                        | Less than 7%  | GLP-1 RAs                         |
| More              | Insulin            | Rise                                                                                           | Less than 180 | NPH, Detemir, Lantus              |
| Medical ID        | Heart disease      |  Free Space | Less than 150 | Regular, Humalog, Novolog, Apidra |
| Me                | Microalbumin / GFR | Weight                                                                                         | 80-130        | Injections, Pumps, Pens           |
| Lowers            | Smoking            | Fat                                                                                            | More than 40  | Lower                             |

# D i a B i n g o

| B                    | I                       | N                                                                                                 | G             | O                                       |
|----------------------|-------------------------|---------------------------------------------------------------------------------------------------|---------------|-----------------------------------------|
| More                 | Microalbumin /<br>GFR   | Rise                                                                                              | Less than 7%  | Regular,<br>Humalog,<br>Novolog, Apidra |
| Medical ID           | Heart disease           | Weight                                                                                            | Less than 150 | NPH, Detemir,<br>Lantus                 |
| Me                   | Insulin                 |  Free<br>Space | Less than 180 | Injections,<br>Pumps, Pens              |
| ABC's of<br>Diabetes | Smoking                 | Fat                                                                                               | More than 40  | Lower                                   |
| Heart disease        | Kidneys, eyes,<br>heart | 1 serving<br>starch                                                                               | Flu           | 800 number                              |

# D i a B i n g o

| B                    | I                           | N                                                                                                | G                     | O                                       |
|----------------------|-----------------------------|--------------------------------------------------------------------------------------------------|-----------------------|-----------------------------------------|
| Medical Id           | Heart disease               | Weight                                                                                           | Less than 150         | Regular,<br>Humalog,<br>Novolog, Apidra |
| Me                   | Shaky,<br>sweaty,<br>hangry | Fat                                                                                              | Less than 7%          | Injections,<br>Pumps, Pens              |
| ABC's of<br>Diabetes | Smoking                     |  Free<br>Space | More than 40          | Lower                                   |
| Heart disease        | Kidneys, eyes,<br>heart     | 1 serving<br>starch                                                                              | Flu                   | 800 number                              |
| Retinopathy          | Microalbumin /<br>GFR       | 15                                                                                               | Microalbumin /<br>GFR | False                                   |

# D i a B i n g o

| B                    | I                           | N                                                                                                 | G                     | O                          |
|----------------------|-----------------------------|---------------------------------------------------------------------------------------------------|-----------------------|----------------------------|
| Me                   | Damage                      | Fat                                                                                               | Less than 7%          | Injections,<br>Pumps, Pens |
| Retinopathy          | Smoking                     | 1 serving<br>starch                                                                               | More than 40          | Lower                      |
| Heart disease        | Kidneys, eyes,<br>heart     |  Free<br>Space | Flu                   | 800 number                 |
| ABC's of<br>Diabetes | Shaky,<br>sweaty,<br>hangry | 15                                                                                                | Microalbumin /<br>GFR | False                      |
| Neuropathy           | Microalbumin /<br>GFR       | False                                                                                             | Dentist               | Medications                |

# D i a B i n g o

| B                 | I                     | N                                                                                             | G                  | O           |
|-------------------|-----------------------|-----------------------------------------------------------------------------------------------|--------------------|-------------|
| ABC's of Diabetes | Smoking               | 1 serving starch                                                                              | More than 40       | Lower       |
| Heart disease     | Go up                 | 15                                                                                            | Flu                | True        |
| Retinopathy       | Shaky, sweaty, hangry |  Free Space | Microalbumin / GFR | False       |
| Neuropathy        | Damage                | False                                                                                         | Dentist            | Medications |
| Nephropathy       | Kidneys, eyes, heart  | Fried and processed food                                                                      | True               | 800 number  |

# D i a B i n g o

| B             | I                           | N                                                                                                | G                     | O                   |
|---------------|-----------------------------|--------------------------------------------------------------------------------------------------|-----------------------|---------------------|
| Heart disease | Kidneys, eyes,<br>heart     | 15                                                                                               | True                  | 800 number          |
| Retinopathy   | Shaky,<br>sweaty,<br>hangry | False                                                                                            | Microalbumin /<br>GFR | False               |
| A1c           | Damage                      |  Free<br>Space | Dentist               | Medications         |
| Nephropathy   | Go up                       | Fried and<br>processed food                                                                      | Flu                   | True                |
| Neuropathy    | Glucose                     | 22                                                                                               | Feet                  | Doctor/<br>Provider |

# D i a B i n g o

| B             | I                           | N                                                                                                | G                     | O                    |
|---------------|-----------------------------|--------------------------------------------------------------------------------------------------|-----------------------|----------------------|
| Hypoglycemia  | Shaky,<br>sweaty,<br>hangry | False                                                                                            | Microalbumin /<br>GFR | False                |
| Neuropathy    | Damage                      | Fried and<br>processed food                                                                      | Dentist               | Medications          |
| A1c           | Go up                       |  Free<br>Space | Less than 150         | True                 |
| Retinopathy   | Glucose                     | 22                                                                                               | Feet                  | Doctor /<br>Provider |
| Hyperglycemia | Pancreas                    | Starchy<br>vegetables                                                                            | True                  | SGLT-2<br>Inhibitors |

# D i a B i n g o

| B             | I                      | N                                                                                             | G         | O                   |
|---------------|------------------------|-----------------------------------------------------------------------------------------------|-----------|---------------------|
| Neuropathy    | Damage                 | Fried and processed food                                                                      | Dentist   | Medications         |
| Hyperglycemia | Pancreas               | 22                                                                                            | 2-4 times | True                |
| A1c           | Glucose                |  Free Space | Feet      | Doctor/<br>Provider |
| Hypoglycemia  | Go up                  | Starchy vegetables                                                                            | Daily     | SGLT-2 Inhibitors   |
| Nephropathy   | Thirsty, blurry vision | Saturated                                                                                     | True      | Afrezza             |

# D i a B i n g o

| B             | I                      | N                                                                                             | G              | O                 |
|---------------|------------------------|-----------------------------------------------------------------------------------------------|----------------|-------------------|
| Nephropathy   | Go up                  | 22                                                                                            | 2-4 times      | True              |
| A1c           | Glucose                | Starchy vegetable                                                                             | Feet           | Doctor / Provider |
| Hypoglycemia  | Pancreas               |  Free Space | Daily          | Afrezza           |
| Hyperglycemia | Thirsty, blurry vision | Saturated                                                                                     | True           | SGLT-2 Inhibitors |
| Glucose       | Type 1                 | Protein                                                                                       | 130/80 or less | Sulfonylureas     |

# D i a B i n g o

| B             | I                      | N                                                                                             | G              | O                 |
|---------------|------------------------|-----------------------------------------------------------------------------------------------|----------------|-------------------|
| A1c           | Glucose                | Protein                                                                                       | Feet           | Afrezza           |
| Hypoglycemia  | Pancreas               | Saturated                                                                                     | Daily          | SGLT-2 Inhibitors |
| Hyperglycemia | Thirsty, blurry vision |  Free Space | 2-4 times      | Doctor / Provider |
| Glucose       | Type 1                 | Starchy vegetables                                                                            | 130/80 or less | Sulfonylureas     |
| Gestational   | Type 2                 | Carbohydrates                                                                                 | Year           | Glucophage        |

# D i a B i n g o

| B             | I                           | N                                                                                                | G                     | O                   |
|---------------|-----------------------------|--------------------------------------------------------------------------------------------------|-----------------------|---------------------|
| Retinopathy   | Kidneys, eyes,<br>heart     | Starchy<br>vegetables                                                                            | Feet                  | Doctor/<br>Provider |
| Nephropathy   | Go up                       | 22                                                                                               | True                  | False               |
| Neuropathy    | Damage                      |  Free<br>Space | Dentist               | Medications         |
| A1c           | Shaky,<br>sweaty,<br>hangry | Fried and<br>processed food                                                                      | Microalbumin /<br>GFR | True                |
| Heart disease | Glucose                     | False                                                                                            | Flu                   | 800 number          |

# D i a B i n g o

| B                    | I                           | N                                                                                                | G                     | O                          |
|----------------------|-----------------------------|--------------------------------------------------------------------------------------------------|-----------------------|----------------------------|
| Nephropathy          | Go up                       | 22                                                                                               | True                  | Injections,<br>Pumps, Pens |
| Heart disease        | Damage                      | Fried and<br>processed food                                                                      | Dentist               | Medications                |
| Retinopathy          | Shaky,<br>sweaty,<br>hangry |  Free<br>Space | Microalbumin /<br>GFR | 800 number                 |
| Neuropathy           | Kidneys, eyes,<br>heart     | False                                                                                            | Flu                   | Lower                      |
| ABC's of<br>Diabetes | Smoking                     | 15                                                                                               | More than 40          | True                       |

# D i a B i n g o

| B                 | I                     | N                                                                                             | G                  | O                      |
|-------------------|-----------------------|-----------------------------------------------------------------------------------------------|--------------------|------------------------|
| Me                | Smoking               | Fried and processed food                                                                      | Dentist            | Medications            |
| Retinopathy       | Shaky, sweaty, hangry | False                                                                                         | Microalbumin / GFR | False                  |
| Heart disease     | Kidneys, eyes, heart  |  Free Space | Less than 7%       | 800 number             |
| ABC's of diabetes | Damage                | 15                                                                                            | More than 40       | Lower                  |
| Neuropathy        | Microalbumin / GFR    | 1 serving starch                                                                              | Flu                | Injectons, Pumps, Pens |

# D i a B i n g o

| B                    | I                           | N                                                                                                | G                     | O                                       |
|----------------------|-----------------------------|--------------------------------------------------------------------------------------------------|-----------------------|-----------------------------------------|
| Retinopathy          | Shaky,<br>sweaty,<br>hangry | False                                                                                            | Microalbumin /<br>GFR | Injections,<br>Pumps, Pens              |
| Medical ID           | Kidneys, eyes,<br>heart     | 15                                                                                               | Flu                   | 800 number                              |
| ABC's of<br>Diabetes | Smoking                     |  Free<br>Space | More than 40          | Lower                                   |
| Me                   | Microalbumin /<br>GFR       | 1 serving<br>starch                                                                              | Less than 7%          | False                                   |
| Heart disease        | Heart disease               | Fat                                                                                              | Less than 150         | Regular,<br>Humalog,<br>Novolog, Apidra |

# D i a B i n g o

| B                      | I                       | N                                                                                                | G             | O                                       |
|------------------------|-------------------------|--------------------------------------------------------------------------------------------------|---------------|-----------------------------------------|
| ABC's of               | Heart disease           | 15                                                                                               | Flu           | 800 number                              |
| Medical ID<br>Diabetes | Smoking                 | 1 serving<br>starch                                                                              | More than 40  | Lower                                   |
| Me                     | Microalbumin /<br>GFR   |  Free<br>Space | Less than 7%  | Injections,<br>Pumps, Pens              |
| Heart disease          | Kidneys, eyes,<br>heart | Fat                                                                                              | Less than 150 | Regular,<br>Humalog,<br>Novolog, Apidra |
| More                   | Insulin                 | Weight                                                                                           | Less than 180 | NPH, Detemir,<br>Lantus                 |

# D i a B i n g o

| B                 | I                  | N                                                                                             | G             | O                                 |
|-------------------|--------------------|-----------------------------------------------------------------------------------------------|---------------|-----------------------------------|
| ABC's of Diabetes | Smoking            | 1 serving starch                                                                              | More than 40  | NPH, Detemir, Lantus              |
| Me                | Microalbumin / GFR | Fat                                                                                           | Less than 7%  | Injections, Pumps, Pens           |
| Medical ID        | Heart disease      |  Free Space | Less than 150 | Regular, Humalog, Novolog, Apidra |
| More              | Insulin            | Weight                                                                                        | Less than 180 | Lower                             |
| Lowers            | False              | Rise                                                                                          | 80—130        | GLP-1 RAs                         |

# D i a B i n g o

| B           | I                               | N                                                                                                | G             | O                                       |
|-------------|---------------------------------|--------------------------------------------------------------------------------------------------|---------------|-----------------------------------------|
| Me          | Microalbumin /<br>GFRuria / GFR | Fat                                                                                              | Less than 7%  | GLP-1 RAs                               |
| Medical ID  | False                           | Weight                                                                                           | Less than 150 | Regular,<br>Humalog,<br>Novolog, Apidra |
| More        | Insulin                         |  Free<br>Space | Year          | NPH, Detemir,<br>Lantus                 |
| Lowers      | Heart disease                   | Rise                                                                                             | 80-130        | Injections,<br>Pumps, Pens              |
| Gestational | Type 2                          | 1/3 cup                                                                                          | Less than 180 | Glucophage                              |

# D i a B i n g o

| B           | I             | N                                                                                                | G              | O                                       |
|-------------|---------------|--------------------------------------------------------------------------------------------------|----------------|-----------------------------------------|
| Medical ID  | Type 2        | Weight                                                                                           | Less than 150  | Regular,<br>Humalog,<br>Novolog, Apidra |
| Glucose     | Insulin       | Rise                                                                                             | 130/80 or less | GLP-1 RAs                               |
| Lowers      | False         |  Free<br>Space | 80-130         | Glucophage                              |
| Gestational | Heart disease | 1/3 cup                                                                                          | Year           | Sulfonylureas                           |
| More        | Type 1        | Fats                                                                                             | Less than 180  | Afrezza                                 |

# D i a B i n g o

| B             | I                         | N                                                                                                | G              | O                       |
|---------------|---------------------------|--------------------------------------------------------------------------------------------------|----------------|-------------------------|
| More          | False                     | Rise                                                                                             | Less than 180  | NPH, Detemir,<br>Lantus |
| Lowers        | Insulin                   | 1/3 cup                                                                                          | 80-130         | Afrezza                 |
| Gestational   | Type 2                    |  Free<br>Space | Year           | Glucophage              |
| Glucose       | Type 1                    | Fats                                                                                             | 130/80 or less | Sulfonylurea            |
| Hyperglycemia | Thirsty, blurry<br>vision | Carbohydrates                                                                                    | 2-4 times      | GLP-1 RAs               |

# D i a B i n g o

| B             | I                      | N                                                                                             | G              | O                 |
|---------------|------------------------|-----------------------------------------------------------------------------------------------|----------------|-------------------|
| Lowers        | False                  | 1/3 cup                                                                                       | 80-130         | GLP-1 RAs         |
| Gestational   | Type 2                 | Fats                                                                                          | Daily          | Glucophage        |
| Glucose       | Pancreas               |  Free Space | 130/80 or less | Sulfonylureas     |
| Hyperglycemia | Thirsty, blurry vision | Carbohydrates                                                                                 | 2-4 times      | Afrezza           |
| Hypoglycemia  | Type 1                 | Protein                                                                                       | Year           | SGLT-2 Inhibitors |

# D i a B i n g o

| B             | I                      | N                                                                                             | G              | O                 |
|---------------|------------------------|-----------------------------------------------------------------------------------------------|----------------|-------------------|
| Gestational   | Type 2                 | Fats                                                                                          | Year           | Glucophage        |
| Nephropathy   | Type 1                 | Carbohydrates                                                                                 | 130/80 or less | Sulfonylureas     |
| Hypoglycemia  | Thirsty, blurry vision |  Free Space | Feet           | Afrezza           |
| A1c           | Pancreas               | Protein                                                                                       | Daily          | SGLT-2 Inhibitors |
| Hyperglycemia | Glucose                | Saturated                                                                                     | 2-4 times      | Doctor/ Provider  |

# D i a B i n g o

| B             | I                         | N                                                                                                | G              | O                    |
|---------------|---------------------------|--------------------------------------------------------------------------------------------------|----------------|----------------------|
| Glucose       | Type 1                    | Carbohydrates                                                                                    | Daily          | Sulfonylureas        |
| Hyperglycemia | Go up                     | Protein                                                                                          | 2-4 times      | Doctor/<br>Provider  |
| A1c           | Pancreas                  |  Free<br>Space | 130/80 or less | True                 |
| Hypoglycemia  | Glucose                   | Saturated                                                                                        | Feet           | Afrezza              |
| Nephropathy   | Thirsty, blurry<br>vision | Starchy<br>vegetables                                                                            | True           | SGLT-2<br>Inhibitors |

# D i a B i n g o

| B             | I                      | N                                                                                             | G         | O                 |
|---------------|------------------------|-----------------------------------------------------------------------------------------------|-----------|-------------------|
| Hyperglycemia | Damage                 | Protein                                                                                       | 2-4 times | Afrezza           |
| Neuropathy    | Pancreas               | Saturated                                                                                     | True      | Medications       |
| A1c           | Glucose                |  Free Space | Feet      | Doctor / Provider |
| Nephropathy   | Go up                  | Starchy vegetables                                                                            | Daily     | True              |
| Hypoglycemia  | Thirsty, blurry vision | 22                                                                                            | Dentist   | SGLT-2 Inhibitors |

# D i a B i n g o

| B            | I                     | N                                                                                             | G       | O                 |
|--------------|-----------------------|-----------------------------------------------------------------------------------------------|---------|-------------------|
| Nephropathy  | Damage                | Saturated                                                                                     | True    | SGLT-2 Inhibitors |
| A1c          | Glucose               | Starchy vegetables                                                                            | Feet    | Doctor / Provider |
| Hypoglycemia | Go up                 |  Free Space | Daily   | True              |
| Neuropathy   | Pancreas              | 22                                                                                            | Dentist | Medications       |
| Retinopathy  | Shaky, sweaty, hangry | Fried and processed food                                                                      | Flu     | False             |

# D i a B i n g o

| B                 | I             | N                                                                                             | G             | O                       |
|-------------------|---------------|-----------------------------------------------------------------------------------------------|---------------|-------------------------|
| Hypoglycemia      | Pancreas      | Protein                                                                                       | More than 40  | Sulfonylureas           |
| Glucose           | Type 2        | 1/3 cup                                                                                       | Less than 180 | GLP-1 RAs               |
| Neuropathy        | Damage        |  Free Space | 2-4 times     | Injections, Pumps, Pens |
| ABC's of Diabetes | Smoking       | Fat                                                                                           | Dentist       | False                   |
| More              | Heart disease | False                                                                                         | Feet          | True                    |

# D i a B i n g o

| B           | I                           | N                                                                                                | G            | O                       |
|-------------|-----------------------------|--------------------------------------------------------------------------------------------------|--------------|-------------------------|
| A1c         | Insulin                     | False                                                                                            | True         | Medications             |
| Retinopathy | Shaky,<br>sweaty,<br>hangry | Protein                                                                                          | 80-130       | 800 number              |
| Me          | Smoking                     |  Free<br>Space | Less than 7% | NPH, Detemir,<br>Lantus |
| Lowers      | Go up                       | Fats                                                                                             | Flu          | Glucophage              |
| Glucose     | Type 1                      | Weight                                                                                           | 2-4 times    | SGLT-2<br>Inhibitors    |