

# TOP 10 RESOURCES & TOOLS FOR CHRONIC DISEASE



Use these handy resources for better care standards to reduce chronic disease, foster coordination and empower health care professionals and caregivers for better intervention.

- 1** [Diabetes Zone Tool](#)  
This spotlight tool provides critical guidelines to assist in managing blood sugar levels.
- 2** [Optimizing Blood Pressure Accuracy](#)  
A guide for patients and providers to ensure proper physical positioning during blood pressure readings.
- 3** [Chronic Kidney Disease \(CKD\) Zone Tool](#)  
This spotlight tool recognizes critical CKD symptoms and helps explain urine and blood test results.
- 4** [Diabetes and Medications Interaction](#)  
This guide explains how medicines, other than insulin, work to control blood sugar levels.
- 5** [High/Low Blood Sugar Reference Guide](#)  
Learn to notice the signs, symptoms and differences between hyperglycemia and hypoglycemia.
- 6** [Get Wise About Your Portion Size](#)  
This one-page flyer makes it easy for patients and providers to find the right portion size.
- 7** [How to Use Your Medication List](#)  
Keep your patients' healthy and efficiently manage all medications with this handy chart.
- 8** [Cold Medications for People Living with Chronic Kidney Disease \(CKD\)](#)  
Find kidney-friendly over-the-counter (OTC) cold medications by understanding their active ingredients.
- 9** [Chronic Obstructive Pulmonary Disease \(COPD\) Zone Tool](#)  
This spotlight tool helps recognize the most common signs and symptoms of COPD.
- 10** [Heart Disease Zone Tool](#)  
This spotlight tool helps recognize the critical signs and symptoms of heart disease.

