

Scheduled Exams and Lab Tests

Exams/ Lab Tests	Goal/Frequency	My Result	Date
Dilated Eye Exam	Once a year		
Foot Exam	2-4 times a year		
Foot Exam-Self Check	Check your feet every day		
Dental cleaning and exam	2 times a year		
A1C	Less than 7%; 2-4 times a year		
Blood Pressure	Less than 130/80 mmHg; 2-4 times a year		
LDL	Less than 100 mg/dl; once a year		
HDL	Male: greater than 40 mg/dl; At least once a year Female: greater than 50 mg/dl; At least once a year		
Triglycerides (TG)	Less than 150 mg/dl; at least once a year		
Microalbumin	Less than 30 mg/g; once a year		
Flu Shot	Once a year		
Pneumonia vaccine	Once before age 65; once after age 65		
Stress Test	Get a stress test if the following apply to you: - Over 35 years old - Have had diabetes for over 10 years - Have type 2 diabetes AND any of the following apply to you*		
Weight	Short term goal: _____ lbs; 2-4 times a year		
Waist Circumference	Male: less than 90 cm; at every medical visit Female: less than 80 cm; at every medical visit		

*Elevated microalbumin, overweight, abnormal cholesterol levels, family members with diabetes, high blood pressure, smoke, nerve pain in legs and feet, sexual problems, starting a new exercise program

MY ACTION PLAN

Having an action plan is my first step to successful diabetes management.

- Take the right amount of diabetes medications at the right time.
- Keep my A1C, cholesterol and blood pressure at a healthy level
- Follow a healthy eating plan.
- Be physically active most days of the week.
- Check my blood glucose regularly and bring my blood glucose records to every appointment
- Check my feet every day
- Have an eye exam every year.
- See a diabetes educator and dietitian regularly
- Aim to lose 2-4 pounds per month if I'm overweight

When to call my healthcare provider

- Low blood glucose (less than 70) for unknown reason or loss of consciousness
- Nausea or vomiting from being sick and unable to keep down liquids
- Fever over 101° or chills
- If type 2, blood glucose is greater than 300 mg/dl
If type 1, blood glucose is greater than 250 mg/dl, with or without ketones
- Not sure how to manage diabetes