

Bring this card to each visit with your provider. Create goals and take charge of your diabetes!

Test/Service Frequency	My Goal	Completed Date/Result		
A1c (every 3-6 mths)				
Blood Pressure (every visit)				
Microalbuminuria (yearly)				
Dilated Eye Exam (yearly)				
Visual Foot Exam (every visit)				
Review Blood Sugar (every visit)				
Lipid Profile (yearly) Every 2 years if values fall in lower risk				
Cholesterol LDL				
Cholesterol HDL				
Triglycerides				
Weight (every visit)				
Dental Exam (yearly)				
Flu Shot (yearly)				
Pneumonia Vaccine (generally once)				
Annual Physical Exam				
Self-Management Training				
NOTES				