

## Things for You or Your Health Care Provider to Do at Least Once or Twice a Year

<b>A1C test</b>	Have this blood test at least twice a year. Your result will tell you what your average blood glucose level was for the past 2 to 3 months.
<b>Blood lipid (fats) lab tests</b>	Get a blood test to check your <ul style="list-style-type: none"><li>• total cholesterol—aim for below 200</li><li>• LDL—aim for below 100</li><li>• HDL—men: aim for above 40; women: aim for above 50</li><li>• triglycerides—aim for below 150</li></ul>
These test results will help you plan how to prevent heart attack and stroke.	
<b>Kidney function tests</b>	Once a year, get a urine test to check for protein. At least once a year, get a blood test to check for creatinine. The results will tell you how well your kidneys are working.
<b>Dilated eye exam</b>	See an eye care professional once a year for a complete eye exam.
<b>Dental exam</b>	See your dentist twice a year for a cleaning and checkup.
<b>Foot exam</b>	Ask your health care provider to check your feet to make sure your foot nerves and your blood circulation are OK.
<b>Flu shot</b>	Get a flu shot each year.
<b>Pneumonia vaccine</b>	Get one; if you're over 64 and your shot was more than 5 years ago, get one more.

## How to Use the Daily Diabetes Record Page

Use copies of the record page to keep track of blood glucose checks, medicines, and notes about things that affect your blood glucose. Make one copy of the record page for each week. This record will help you see whether your diabetes plan is working. Review your record with your health-care providers.

### Blood Glucose Checks

Talk with your health care provider and decide on the best times to check blood glucose. You may be checking blood glucose before meals, after meals, or at bedtime. Write when to check here:

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If needed, draw a line in the boxes under "Breakfast," "Lunch," and "Dinner" to make room for blood glucose check results before and after a meal, like this example:

### Medicines

Under the heading marked "Medicine," write the names of your diabetes medicines and the amounts taken.

### Notes

Write down things that affect your blood glucose level. Some examples are

- eating more or less than usual
- forgetting to take your diabetes medicine
- exercising—write down what kind and for how long
- being sick or upset about something—being under stress
- going to a social event or other special event, or being on vacation

## My Health Care Team Members

	<b>Name and Address</b>	<b>Phone Number</b>
Doctor		
Diabetes dietitian educator		
Diabetes nurse educator		
Eye care professional		
Dentist		
Foot doctor		
Pharmacist		
Counselor		