



# My Diabetes Care Plan

Name: \_\_\_\_\_ Medical Record Number: \_\_\_\_\_

This chart can help you keep track of your results on important medical tests. Record the date and result of each test and/or service on the chart below.

Sharing this chart with your health care team during each visit can be helpful. Use the information to talk about your results or ask questions about the tests.

Recommended care and testing	My Goal	How Often?	Date & Result	Date & Result	Date & Result
<b>A1C (%)</b> : 3-month average blood sugar; does not require fasting.	Below 7%* (most people)	Two times a year			
<b>Blood pressure check</b> : High blood pressure increases your risk for heart attack, stroke, kidney, and eye damage.	Below 140 / 90	Every visit			
<b>Total cholesterol</b> : The sum of all types of cholesterol in the blood.	Below 200	Once a year			
<b>LDL</b> : "Lousy" cholesterol; high levels increase the chance of plaque build-up in artery walls.	Below 100	Once a year			
<b>HDL</b> : "Healthy" cholesterol; carries "lousy" cholesterol out of the body; prevents harmful build-up of cholesterol in your arteries.	Above 50	Once a year			
<b>Triglycerides</b> : A type of fat found in your body and in many foods. High triglycerides may increase risk of heart disease.	Below 200	Once a year			

\*If you are older than 65, or have additional health conditions, your goal may be an A1c below 8 percent.

Record when your last procedure or test was done:

Diabetes eye exam / retinal screening every 1 to 2 years: Date \_\_\_\_\_

- Patients without retinopathy should get a retinal screening every 1 to 2 years.
- Patients with retinopathy should get a retinal screening every year.

Urine microalbumin or kidney function test (every year): Date \_\_\_\_\_

Thyroid function (every year): Date \_\_\_\_\_

Foot exam (every year): Date \_\_\_\_\_

Dental exam (every 6 to 12 mo.): Date \_\_\_\_\_ Date \_\_\_\_\_



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## Managing Your Diabetes

There are many things you can do to feel well and stay healthy. Every once in a while, it may be helpful to take some time to think about what your diabetes management plans and goals are.

To start, you might ask yourself:

How am I doing managing my diabetes? Check the box that applies to you.

- Great! I'm totally on track. My diabetes is well controlled.
- Pretty good. Most days I do well managing my diabetes.
- Not so good. It's a challenge to manage my diabetes every day.
- Other: \_\_\_\_\_

Next, think about how you are doing with the following diabetes management skills. Check the boxes that apply to you.

### I am doing well with:

- Being physically active
- Eating healthy
- Checking my blood sugar
- Reducing my stress
- Taking my medications as prescribed
- Having routine blood tests
- Other: \_\_\_\_\_

### I could improve on:

- Being physically active
- Eating healthy
- Checking my blood sugar
- Reducing my stress
- Taking my medications as prescribed
- Having routine blood tests
- Other: \_\_\_\_\_

Once you have an idea of the diabetes self-management skills you want to improve, it can help to create a personal goal or action steps to focus on that problem. Ask yourself:

What is the one skill from the list above that I would like to work on to better manage my diabetes?

Finally, list the action steps you will take to reach your goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Some conditions, including diabetes, can be seriously affected by violence or abuse. If you are hit, hurt or threatened by a partner or spouse, there is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or connect to [ndvh.org](http://ndvh.org).