

My diabetes record

Seeing your doctor? Take this card along with you. You can talk about how to manage your A1c, blood pressure and cholesterol. Managing these can help lower your chances of having a heart attack, stroke or other problems. Be sure to write down when you have each test and your results.

Discuss your goals and progress.

You can show this card to your health care team, too. You can talk about your goals and how you're doing. Your goals will depend on:

- How long you've had diabetes
- Other health problems
- How hard your diabetes is to manage

A1c — at least twice a year

My goal _____

Date				
Result				

Blood pressure — at each visit

My goal _____

Date				
Result				

Cholesterol — once a year

My goal _____

Date				
Result				

Use the back of this card to record other important diabetes care.

My diabetes record

Use this side of the card to write down the date and results of each test or vaccine.

Each visit	Date	Result/note
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Medicine review		
Self-care plan review		
Body mass index (BMI) — height and weight		
Foot check		

Once a year	Date	Result/note
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Dilated eye exam		
Kidney check		
Flu vaccine		
Complete foot exam		
Dental exam		

Other vaccines	Date	Result/note
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Pneumonia vaccine (1 to 2 doses)		
Tetanus (Tdap) vaccine		
Shingles vaccine		

Take
care.



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