









Name:

MR:

Date:

<p>A1c (average 3 months) <7%</p>		<p>Every 3-6 months</p>			<p>Average blood sugar control over last 3 mos</p>
<p>Blood Pressure: <130/80</p>		<p>Every visit</p>			<p>Lowers risk for heart attack or stroke</p>
<p>Cholesterol: Total: <200 Triglycerides: <150 HDL: >40 men >50female LDL: <100</p>		<p>Yearly</p>			<p>Lowers risk for heart attack or stroke</p>
<p>Kidney test Urine microalb/cr <30 Serum creatinine: eGFR:</p>		<p>Yearly</p>			<p>Detects early signs of kidney disease</p>
<p>Immunizations Flu: Pneumonia:</p>		<p>Yearly 1-2 x in lifetime</p>			<p>Protects against Influenza viruses & Pneumonia</p>
<p>Dilated Eye Exam:</p>		<p>Yearly</p>			<p>Detects early signs of diabetic eye problems</p>
<p>Foot Exam:</p>		<p>Every visit</p>			<p>Detects changes in sensation/risk of ft. problems</p>
<p>Weight: BMI: <25</p>		<p>Every visit</p>			<p>Lower body weight reduces heart risk factors</p>

Medications	Before Breakfast	Before Lunch	Before Dinner	Bedtime

Goal: _____
