



# Know Your Numbers

Test	Target Range	Goal *These are specific to you and set by you and your medical team*	Current Numbers
<b>Glucose:</b> <ul style="list-style-type: none"> <li>• <b>Hgb A1c</b> (every 3-6 months)</li> <li>• <b>Before Meal Glucose</b></li> <li>• <b>After Meal Glucose</b> (2 hr)</li> <li>• <b>Bedtime BG</b></li> </ul>	<p style="text-align: center;"><b>&lt; 7%</b></p> <p style="text-align: center;"><b>80-130 mg/dL</b></p> <p style="text-align: center;"><b>&lt;180 mg/dL</b></p> <p style="text-align: center;"><b>110-150 mg/dL</b></p>	<p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p>	<p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p>
<b>Blood Pressure</b> (every visit)	<p style="text-align: center;"><b>&lt; 140/90 mmHg</b></p> <p style="text-align: center;">This is a general goal. Ask your healthcare provider about a BP target that is right for you</p>	<p style="text-align: center;">____/____</p>	<p style="text-align: center;">____/____</p>
<b>Cholesterol/ Lipids</b> (yearly) <ul style="list-style-type: none"> <li>• <b>LDL</b> ('bad' cholesterol)</li> <li>• <b>HDL</b> ('good' cholesterol)</li> <li>• <b>Triglycerides</b></li> </ul>	<p style="text-align: center;"><b>&lt; 70 mg/dL</b></p> <p style="text-align: center;"><b>&gt;40 (male), &gt;50 (female)</b></p> <p style="text-align: center;"><b>&lt; 150 mg/dL</b></p> <p style="text-align: center;">Cholesterol goals for LDL, HDL, and triglycerides are not the same for every patient with diabetes. Ask your healthcare provider about the target that is right for you.</p>	<p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p>	<p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p>
<b>Urine</b> (yearly) <ul style="list-style-type: none"> <li>• <b>Microalbuminuria</b></li> </ul>	<p style="text-align: center;"><b>&lt; 30 mg</b></p>	<p style="text-align: center;">_____</p>	<p style="text-align: center;">_____</p>
<b>Weight/ BMI</b> (every visit) <ul style="list-style-type: none"> <li>• Body mass index (BMI) is a measure of body fat based on your weight in relation to your height, and applies to most adult</li> </ul>	<p style="text-align: center;"><b>BMI: 18.5 – 24.9</b></p> <p style="text-align: center;">Normal Range</p>	<p style="text-align: center;">_____</p>	<p style="text-align: center;">_____</p>
Exam	Description		Last Exam
<b>Comprehensive Foot Exam (yearly)</b>	Skin, muscle, sensation and circulation assessment.		<p style="text-align: center;">_____</p>
<b>Dilated Eye Exam (yearly)</b>	Dilation causes your pupils to widen, allowing in more light and giving your doctor a better view of the back of your eye to look for retinopathy, cataracts, glaucoma		<p style="text-align: center;">_____</p>
<b>Dental Examination (6 mo-year)</b>	Routine check for periodontal disease		<p style="text-align: center;">_____</p>
<b>Influenza 'Flu' Vaccination (yearly)</b>	Typically given between the months of October to May of the following year		<p style="text-align: center;">_____</p>

# Time for Your Check-Up Diabetes Management



## What to Take to Your Appointment

- A list of questions/ concerns
- Blood glucose meter
- Blood glucose log

## Possible Topics to Talk About

- Glucose results- ranges
- Hgb A1c results
- Meal plan/ weight reduction (if needed)
- Lifestyle changes/ Smoking cessation
- Any barriers to care (medications, financial, feelings, etc.)
- Physical Activity

## Recommendations

### DAILY

Foot Exam  
Monitoring Your  
Glucose  
Take your  
Medications  
Check your Skin  
Exercise  
Eat Healthy

### QUARTERLY- 6 MONTHS

Hgb A1c  
Dental Exam

### YEARLY

Dilated Eye Exam  
Blood Test- *Lipid  
Profile*  
Urine Test-  
*Microalbuminuria*  
Comprehensive  
Foot Exam  
Flu Shot  
Blood Pressure  
Check

### OTHER

Quit Tobacco  
Update Immunizations

