

		Frequency	Description/Comments
OFFICE VISITS	<b>Blood pressure</b>	Every visit	Aim for less than 140/90*
	<b>Dilated eye exam</b>	Every 12-24 months	By an eye care professional
	<b>Dental exam</b>	Every 6 months	Examine teeth and gums
	<b>Brief foot exam</b>	Every visit	Remove shoes and socks
	<b>Monofilament foot exam</b>	Every 12 months	If at high risk may need a podiatrist
	<b>Flu vaccine</b>	Every autumn	
	<b>Pneumonia vaccine</b>	At time of diabetes diagnosis	Ask medical provider; may need repeat vaccination after age 65
LABS	<b>A1C test for blood sugar</b>	Every 3-6 months	Goal – less than 7; set an individual goal
	<b>Cholesterol (Fasting lipid test)</b>	Every 12 months	LDL (bad) cholesterol – goal is less than 100; for HDL (good) cholesterol – greater than 40 for men, greater than 50 for women; for triglycerides – less than 150.
	<b>Kidney function: eGFR using blood creatinine</b>  eGFR = estimated glomerular filtration rate	Every 12 months if eGFR is greater than 60  Every 3-12 months or as needed if eGFR is less than 60	Consider a consultation with a kidney specialist: <ul style="list-style-type: none"> <li>▪ if eGFR less than 45 ml/min,</li> <li>▪ if blood pressure is difficult to control, or</li> <li>▪ if urine albumin to creatinine ratio is greater than 1000 mcg/mg.</li> </ul>
	<b>Kidney test: Urine ACR</b>  ACR = albumin to creatinine ratio	Every 12 months if at goal; every 3-6 months if not.	Goal – less than 30 or as low as possible with blood pressure controlled and using “ACE” inhibitors and/or “ARB” medication.
SELF-MANAGEMENT	<b>Personal goals &amp; action plans (talk with providers)</b>	Every visit	See diabetes educators. Attend self-management programs as advised.
	<b>Blood sugar checks</b>	As advised	Aim to reach personal goals.
	<b>Healthy food choices &amp; body weight management</b>	As advised	Eat whole grains, vegetables, and fruits. Eat less saturated fat, fatty meats and pastries. Learn to count and control carbohydrates. Consult a dietitian.
	<b>Physical activity/exercise for fitness and stress management</b> <b>If you smoke, quit</b> <b>Include peer support</b>	150 minutes/week or 30 minutes/day moderate intensity & 2 days muscle strengthening. Take time to relax.	Spread activity out during the day and have fun. Walk, swim, bike, dance, work in the garden, ski, lift weights, climb the stairs, walk in mall, etc. Relax with help from tapes and DVDs, support groups, and friends.

Track lab numbers on your wallet card • Keep a medications list