



My Health Manager

These tests and visits are important to reduce complications. Targets are set by the American Diabetes Association Standards of Medical Care 2012. Talk with your diabetes team about your individual targets.

My Tests	Healthy Targets	My Targets	My Results Date	My Results Date	My Results Date	My Results Date
Blood Glucose Test (daily)	Before Meals: 70-130 mg/dL After Meals: < 180 mg/dL		_____	_____	_____	_____
A1C Blood Test (every 3-6 months)	<7%		_____	_____	_____	_____
Blood Pressure (every visit)	<130/80		_____	_____	_____	_____
Total Cholesterol (once a year)	<200 mg/dL		_____	_____	_____	_____
LDL Cholesterol (once a year) 😞	Without Heart Disease: <100 mg/dL With Heart Disease: <70 mg/dL		_____	_____	_____	_____
HDL Cholesterol (once a year) 😊	Men: >40 mg/dL Women: >50 mg/dL		_____	_____	_____	_____
Triglycerides (once a year)	<150 mg/dL		_____	_____	_____	_____
Body Mass Index (every visit)	<25		_____	_____	_____	_____
Feet Checks (daily)	Check tops, bottoms and between toes		_____	_____	_____	_____
Microalbumin (kidney test) (once a year)	<30		_____	_____	_____	_____

Schedule These Exams Once a Year		Date
Complete Foot Exam		
Dilated Eye Exam		
Dental Exam (every 6-12 months)		
Serum Creatinine		
Flu Shot		