

Bring this to your next doctor's appointment

Use these checklists to remember health targets and remind you and your doctor of these important preventative checkpoints.

Once-a-year checklist

Plan to have these lab tests or exam checks on an annual basis.

✓	NAME OF TEST/CHECK	TARGET RESULTS*	NOTES AND REMINDERS
<input type="checkbox"/>	Blood lipid profile	LDL: <100 mg/dl HDL: men>40 mg/dl women>50 mg/dl Triglycerides: <150 mg/dl	<ul style="list-style-type: none"> Have this blood test more often if you start or change cholesterol medication. To improve results, reduce consumption of saturated and trans fats, lose weight, and increase physical activity. If you have heart disease and are older than 40, ask about taking a statin medication.
<input type="checkbox"/>	Microalbuminuria <i>(checks kidney function through the amount of protein or albumin in urine)</i>	Normal: <30 ug/mg Small amount: 30—299 ug/mg Large amount: >300 ug/mg	<ul style="list-style-type: none"> A urine sample is needed for this test. Discuss whether you need medication (those recommended are ACE inhibitors or ARBs)
<input type="checkbox"/>	Comprehensive eye exam with dilation of the retinas	Healthy eyes	<ul style="list-style-type: none"> Follow up immediately with your eye doctor on any problems.
<input type="checkbox"/>	Check nerve function in feet and legs	Healthy sensation and circulation	<ul style="list-style-type: none"> Remove shoes and socks. Doctor may test for temperature and/or use a tool or monofilament to test for pinprick or vibration sensations. Using two methods is preferred for spotting problems.
<input type="checkbox"/>	Diabetes self-management education and medical nutrition therapy	Initial sessions on diagnosis; follow up annually	<ul style="list-style-type: none"> Request a referral to both types of sessions; many health plans now cover these services.
<input type="checkbox"/>	Flu vaccine	Annual influenza vaccination	<ul style="list-style-type: none"> Arrange for an injection or nasal vaccination each fall.
<input type="checkbox"/>	Pneumococcal vaccine	At least one pneumococcal (pneumonia) vaccination/lifetime	<ul style="list-style-type: none"> For those 65 and older: If you were vaccinated before age 65 and it was more than 5 years ago, you may need a repeat vaccination.

*Target results are in accordance with the American Diabetes Association's Standards of Medical Care in Diabetes 2008; view at care.diabetesjournals.org/cgi/content/extract/31/Supplement_1/S12. Your doctor may advise different targets for you. >>

3-to-6-month checklist

Make sure your doctor is ordering these tests for you at each quarterly or semiannual office visit.

✓	NAME OF TEST/CHECK	TARGET RESULTS*	NOTES AND REMINDERS
<input type="checkbox"/>	Review blood glucose monitoring records	Fasting and before meals: 70—130 mg/dl After meals: <180 mg/dl	<ul style="list-style-type: none"> Bring your written records or printouts with notes about meals and exercise. Discuss your targets. For accurate readings, make sure your blood glucose meter is properly coded to each vial of test strips if your meter requires coding.
<input type="checkbox"/>	A1C (average blood glucose level over 2-3 months)	<7 percent	<ul style="list-style-type: none"> This test can be performed with a finger stick. Your doctor may advise you to aim lower. Review techniques for lowering your A1C level.
<input type="checkbox"/>	Blood pressure	<130/80	<ul style="list-style-type: none"> If your blood pressure is higher than 140/90, your doctor may recommend medication in addition to weight control and exercise. If you are already on medication and still exhibit uncontrolled blood pressure, ask about a change in or additional medicine.
<input type="checkbox"/>	Dental care	Cleaning and exam twice a year	<ul style="list-style-type: none"> Be sure to tell your dentist you have diabetes. Treat any gum or tooth problems as soon as they are identified.
<input type="checkbox"/>	Weight	Appropriate body mass index (BMI) for your gender and height	<ul style="list-style-type: none"> Even a modest loss of 5-10 percent of your body weight can yield improved results. For help in losing weight, request a referral to a registered dietitian or certified diabetes educator.
<input type="checkbox"/>	Physical activity	Accumulate at least 30 minutes of moderate-intensity activity on most days	<ul style="list-style-type: none"> Develop an activity plan that is safe and attainable for you.
<input type="checkbox"/>	Foot exam	Healthy feet without wounds or fungus	<ul style="list-style-type: none"> Remove your shoes and socks, and be ready for inspection. Point out any problems to your provider.
<input type="checkbox"/>	Daily aspirin use	75—162 mg/day	<ul style="list-style-type: none"> If you don't currently take aspirin, ask whether you should.
<input type="checkbox"/>	Cigarette use	No smoking	<ul style="list-style-type: none"> If you smoke, discuss ways to get help quitting.

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