

My Stats

Meds at a Glance

Medication/Reason for Taking	Dosage	When to Take	Prescribed By

Pharmacy phone number: _____

Health Care Providers

Name	Phone Number

Recent Test Results

Test	Date	Date	Date	Date	My Target Numbers	ADA-Suggested Target Numbers
A1C Average glucose						less than 7% less than 154 mg/dl
HDL (the "good" cholesterol)						men: more than 40 women: more than 50
LDL (the "bad" cholesterol)						less than 100 (less than 70 if you have cardiovascular disease)
Triglycerides						less than 150
Blood pressure						less than 130/80
Other:						
Other:						

Checkup Checklist

The American Diabetes Association recommends the following for adults with diabetes:

- **A1C Test**

(average blood glucose over the past two to three months)
At least twice a year. If your treatment has changed or you're not at your blood glucose goals, up to four times a year.

- **Dentist Visit**

Twice a year

- **Annual Tests, Shots, and Visits**

- Flu vaccine
- Fasting lipid profile (cholesterol and triglycerides)
- Urine albumin excretion (kidney function)
- Serum creatinine (kidney function)
- Dilated eye exam
- Foot exam including neuropathy testing with monofilament

- **Other Screenings and Vaccinations**

- PAD (peripheral arterial disease) screening for those at risk
- PPV (pneumococcal polysaccharide vaccine). One vaccination until you're age 65, when you need to get it again.



Download a PDF of this chart at forecast.diabetes.org/basics.

