

Bring this card to each visit with your doctor or diabetes educator. Talk about the items on this card during your visit and use the chart below to write down your results so that you can take charge of your diabetes.

Test or Service	My goal	Date	Date	Date	Date
A1C (every 3-6 months)					
Blood sugar records (every visit)					
Blood pressure (every visit)					
Weight (every visit)					
Foot exam (at least yearly)					
Lipid profile (at least yearly)					
– Total cholesterol					
– LDL-C					
– HDL-C					
– Triglycerides					
Microalbuminuria (yearly)					
Complete and dilated eye exam (yearly)					
Dental exam (every 6 months)					
Flu shot (yearly)					
Pneumonia vaccine (once*)					
Self-management training (first visit/ongoing)					

* In some cases, revaccination may be needed.

This material has been developed by GlaxoSmithKline.

Key to symbols

< means "less than"
> means "greater than"

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