

Diabetes Care Guidelines

TESTS/EXAMS	TIMING	GOALS
Hemoglobin A1C	Every 3-6 months	A1C < 7
Cholesterol	Once a year	LDL < 100
Blood Pressure	Every office visit	< 130/85
Home Glucose	1-4 times/day (per MD)	80-120
Urine Test	Once a year	Normal
Foot Exam	Once a year	Normal
Eye Exam	Once a year	Normal
Flu Vaccine	Every fall	Complete
Pneumonia Vaccine	Once before 65	Complete



Physician: _____

Diabetes Educator: _____

Medications/Notes: _____

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