

## Diabetes Health Card

This is a guide to help you keep a record of your diabetes care. Controlling your diabetes requires a joint effort between you and your doctor. See your doctor every three to six months.

<b>Every Routine Visit (at least quarterly)</b>	<b>Date/ Results</b>	<b>Date/ Results</b>	<b>Date/ Results</b>	<b>Date/ Results</b>
<b>HbA1c</b> Goal:				
<b>Weight</b> Goal:				
<b>Blood Pressure</b> Goal:				
<b>Foot Exam</b>				
<b>Review Daily Blood Sugar Record</b>				
<b>At least every 6 months</b>	<b>Date/ Results</b>	<b>Date/ Results</b>	<b>Date/ Results</b>	<b>Date/ Results</b>
<b>Dental Exam</b>				
<b>Yearly Exams &amp; Tests</b>	<b>Date/ Results</b>	<b>Date/ Results</b>	<b>Date/ Results</b>	<b>Date/ Results</b>
<b>Cholesterol</b> Goal:				
<b>Triglycerides</b> Goal:				
<b>HDL/LDL</b> Goal:				
<b>Microalbuminuria</b> Goal:				
<b>Physical Exam</b>				
<b>Dilated Eye Exam</b>				
<b>Flu Shot</b>				
<b>Pneumonia Vaccine</b> <small>(Generally once, but contact your physician)</small>				

**Allergies**

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**Medications**

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Westchester County New York Diabetes Coalition

Provided by

Name \_\_\_\_\_ Date \_\_\_\_\_

- if meeting goals, visit your primary care provider every 3-6 months
- if not meeting goals, visit your primary care provider every 3 months or as indicated. Referral to appropriate specialist may be necessary.

(Adults ≥ 18 years of age)

## Diabetes Health Card

### Important Phone Numbers

Primary Care Provider: \_\_\_\_\_

Pharmacist: \_\_\_\_\_

Diabetes Educator: \_\_\_\_\_

Nutritionist: \_\_\_\_\_

Foot Specialist: \_\_\_\_\_

Eye Specialist: \_\_\_\_\_

Kidney Specialist: \_\_\_\_\_

Dentist: \_\_\_\_\_

- Test blood sugar daily
- Become more active
- Stop smoking
- Eat less fat
- Let others help
- Eat 5 fruits & vegetables daily

### Other things you can do:

Call: **1-800-DIABETES** or log on to **www.diabetes.org**

For more information about diabetes,

Cholesterol/Triglycerides/HDL/LDL: Lipid (blood fat) test

Microalbuminuria: Kidney test

HbA1c: Average glucose control test

### Glossary