

## My Diabetes Care Team

Doctor:	Ph:
Diabetes Educator:	Ph:
Registered Dietitian:	Ph:
Pharmacy:	Ph:
Foot Doctor:	Ph:
Eye Doctor:	Ph:
Dentist:	Ph:
Insurance Plan:	ID#:
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## Control Your Diabetes. For Life.



For more information about diabetes, call the  
Utah Health Resource Line at 1-888-222-2542

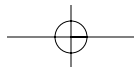
This is the diabetes care record for: \_\_\_\_\_

My Medications:	Dose:	Take At:

Allergies:

## My Diabetes Care Goals

	My Goals	Utah Diabetes Practice Recommendations
HbA1c Target:	_____	Less than 7%
Blood Pressure Target:	_____	Less than 130/80
Total Cholesterol Target:	_____	Less than 180
LDL Target:	_____	With Heart Disease <70
	_____	Without Heart Disease <100
HDL Target:	_____	Greater than 40 (men)
	_____	Greater than 50 (women)
Triglyceride Target:	_____	Less than 150





# My Diabetes Care Record

Funding through CDC Grant #U32/CC822702-02

This is a list of tests and exams for good diabetes care recommended by The Utah Diabetes Prevention and Control Program. Take this card to your diabetes care team so that YOU can learn to Control Your Diabetes. For Life.

## At Least 2 - 4 Times A Year

Date of Visit:				
Physician exam: Review blood glucose (sugar) records				
Blood Pressure				
Body Mass Index (BMI)				
Hemoglobin A1c (A1C)				
Check Feet				

## At Least Once A Year

Date of Visit:				
Lipid (blood fat) profile:				
Total Cholesterol				
LDL				
HDL				
Triglyceride				
Dilated Eye Exam				
Microalbumin				
Dental Exam				
Flu Shot				
Complete Foot Exam				

## At Least Once In Your Life

Pneumococcal Vaccination

Make sure you have a plan for the following and review regularly with your provider or diabetes educator:

- Meals
- Medication
- Weight Management
- Daily Foot Care
- Physical Activity
- Stress Management
- Home Blood Glucose (sugar) testing
- Stop Smoking
- Low/High Blood Glucose treatment
- Sick Day
- Pregnancy
- Insulin Syringe Disposal