



# Diabetes Care Checklist

If you have diabetes, it is always important to know your numbers along with other ways that can help you live well with diabetes. Being an active participant in your diabetes care can help to reach your personal health goals.

## Here are some healthy tips to help you manage your diabetes:



### Know Your A1C

Knowing your numbers can make all the difference in your care if you are living with diabetes.

- Have your A1C level checked at least 2 to 4 times a year.
- Aim to get your A1C to below 7% for non-pregnant adults.

A1C Levels	Average Blood Sugar
6%	126 mg/dL
7%	154 mg/dL
8%	183 mg/dL
9%	212 mg/dL
10%	240 mg/dL
11%	269 mg/dL
12%	298 mg/dL

The A1C test measures your average blood sugar over the last 3 months. The chart shows how the A1C and blood sugar go together.

*Recommendations based on American Diabetes Association, standards of medical care in diabetes - 2018, Diabetes Care, 2018, Volume 41, 58-59.*



### Blood Pressure

Most adults who have diabetes have high blood pressure, which can be managed with proper treatment. Ask your diabetes care team to let you know your blood pressure reading at each visit and write it down.

- Every time you visit the doctor, get your blood pressure checked.
- Your goal is less than 140/90 mm Hg for most adults who have diabetes, but a lower goal may be beneficial for select high risk patients.

Decide with your diabetes care team how often you should check your blood sugar each day.

Here are blood sugar goals for most adults with diabetes who are not pregnant. Write your own goals in the space below:

Time	Goals for Most Non-pregnant Adults with Diabetes	Your Goals
Before meals	80-130 mg/dL	
1-2 hours after the start of a meal	Less than 180 mg/dL	



## Cholesterol

Have your LDL (“bad”) cholesterol, HDL (“good”) cholesterol, and triglyceride (blood fat) levels checked at least once a year, and write down your results.

*Below are the goals for most adults who have diabetes.*

### LDL (“bad”) cholesterol

- Without heart disease → Less than 100 mg/dL
- With heart disease → Less than 70 mg/dL

### HDL (“good”) cholesterol

- Men → More than 40 mg/dL
- Women → More than 50 mg/dL

Triglycerides → Less than 150 mg/dL



## Eye Exam

- Make sure your eye exam results are sent to your diabetes care team so that they can be included as part of your medical record.
- Call your eye care specialist or diabetes care team right away if you notice any change in your vision.
- Once a year, get a dilated and comprehensive eye exam by an eye-care specialist.



## Kidneys

- Keep your blood sugar levels and blood pressure as close to normal as possible.
- Get your yearly exam to tell how well your kidneys are working, and record your results.
- Once a year, have your urine tested for protein.



## Feet

- When you visit your diabetes care team, make sure to remove your shoes and socks while waiting in the exam room so that they can check the feeling and blood flow in your feet.
- At home, inspect your feet every day for cuts, blisters, cracks, swelling, and dry skin.
- Wear shoes and socks that fit well. Do not go barefoot.
- Once a year, get a complete foot exam by your doctor.



## Stop Smoking

It is important to stop smoking if you have diabetes. Here are some steps to help you quit smoking:

- Get free help and support by calling 1-800-QUIT NOW (1-800-784-8669) or visit [1800quitnow.cancer.gov](http://1800quitnow.cancer.gov)
- Decide on a quit date. Choose a time when you will not be too stressed.
- Avoid smoking triggers.
- Reward yourself for every successful nonsmoking day.



## Diabetes Care Plan

Work with your diabetes care team to manage your diabetes. Ask questions about your diabetes plan, and make sure you know what steps you need to take.

- When should I check my blood sugar, and what is my target before and after meals?
- What should I do if my blood sugar is too high or too low?
- When should I call the office?
- When should I take my insulin or other diabetes medicine?

The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.

Source: American Diabetes Association, standards of medical care in diabetes - 2013 Diabetes Care: 36 (suppl 1): S11-S66. For more information about diabetes care, talk to your doctor or member of your healthcare team.