

# Your Diabetes Management Plan

For:

Date:



## Stay Involved in Your Health Care!

Every change you make today is a valuable investment toward improving your health in the future.

If you are like most people, you will have some questions and will require some support as you work toward your goals. One of the most important ways to stay on track is to communicate openly with your healthcare providers (HCPs). Ask questions and share any concerns you may have, so that you can do your best to reach your goals.

## Your Current Measures and Goals

### Office Glucose (A1C) Testing

Current A1C Measure	Goal for Next Visit	ADA-Recommended Goal*
_____ %	_____ %	Less than 7%

### Home Glucose Testing

Time of Day	Goal
After waking and before eating	_____ mg/dL to _____ mg/dL (ADA standard: 90–130 mg/dL*)
2 hours after starting to eat a meal	Less than _____ mg/dL (ADA standard: <180 mg/dL*)
Other _____	_____ mg/dL

Call your HCP if your blood sugar is below \_\_\_\_\_ mg/dL or above \_\_\_\_\_ mg/dL.

During every office visit, your HCP may review and update the following measures and discuss your goals for each:

Measure	Current	Goal for Next Visit	Recommended Goal
Blood pressure	_____ mmHg	_____ mmHg	Below 130/80 mmHg*
Weight	_____ lb	_____ lb	_____ lb

At every visit, you should also have:

- A foot examination
- A discussion of your goals and challenges
- An update of your action plan based on your progress
- A discussion about whether it is time to visit the diabetes educator or dietitian

\*The ADA recommends these goals for adults with diabetes. Your HCP may suggest different goals.

# Your Diabetes Management Plan



At least once a year, your HCP should review and update the following measures and discuss your specific goals for each:

Measure	Current	Goal for Next Visit	Recommended Goal*
Low-density lipoprotein (LDL) ("bad") cholesterol	_____ mg/dL	_____ mg/dL	Below 100 mg/dL
High-density lipoprotein (HDL) ("good") cholesterol	_____ mg/dL	_____ mg/dL	Above 40 mg/dL (men) 50 mg/dL (women)
Triglycerides	_____ mg/dL	_____ mg/dL	Below 150 mg/dL
Urine albumin (protein in urine)	_____ µg/mg	_____ µg/mg	Below 30 µg/mg

You should also have a discussion every year about your dilated eye exam and flu and pneumonia vaccination status.

## Your Next Visit

Schedule for \_\_\_\_\_ week(s)/month(s) from today

Here is what you can expect:

- A recheck of your key measures:
  - Blood sugar (A1C)
  - Blood pressure
  - Weight
- A foot examination
- A discussion about your goals
- A discussion of your challenges
- An update of your action plan based on your progress
- Other \_\_\_\_\_

## Your Healthcare Providers

Primary doctor \_\_\_\_\_  
 Cardiologist \_\_\_\_\_  
 Podiatrist \_\_\_\_\_  
 Eye doctor \_\_\_\_\_  
 Dentist \_\_\_\_\_

Nurse practitioner \_\_\_\_\_  
 Diabetes educator \_\_\_\_\_  
 Nutritionist \_\_\_\_\_  
 Pharmacist \_\_\_\_\_  
 Other \_\_\_\_\_

Notes .....

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## Medications

### Take Prescribed Medications

To reach your treatment goals, it is important to take all of your prescribed medications as instructed. If you have questions, ask your HCP or pharmacist. Remember always to tell your HCP or pharmacist about any allergies you may have.

Medication	What It's For	How to Take It	Side Effects to Watch For

If you are like many patients with diabetes, your HCP will adjust your medication as needed to achieve better results or to address side effects. Be sure to discuss any medication questions or issues with your HCP.

No change       Change \_\_\_\_\_

## Tips for Taking Your Medicine

- *Follow instructions:* Follow the directions for taking medicine exactly as your HCP or pharmacist tells you.
- *Know the basics:* Know which medicines you are taking, what they are for, when you should take them, and how you should take them.
- *Continue taking your medicine:* Always check with your HCP before stopping any prescribed medication. If you're having any difficulties taking your medicine, be sure to ask your HCP about other options.
- *Be aware of side effects:* Ask your HCP or pharmacist about any potential side effects that may occur.
- *Store medicine properly:* Remember to store your medicines as instructed.
- *Every medicine or vitamin counts:* Be sure to tell your HCP and pharmacist about all of the medicines and supplements you are taking, including any over-the-counter medicines, vitamins, herbal preparations, and/or dietary supplements.
- *Communicate medication allergies:* Tell your HCP about any allergies you have to prescription or over-the-counter medicines, vitamins, herbal preparations, or dietary supplements.

