

Diabetes Health Record

Discuss these with your diabetes care provider and use this to record your results. Fold to fit into your wallet.

Note: You may require other tests that are not listed.

Review Blood Sugar Records (every visit) Target:	Date:				
Blood Pressure (every visit) Target:	Date:				
	Value:				
Weight (every visit) Target:	Date:				
	Value:				
Body Mass Index (BMI) (every visit) Target:	Date:				
	Value:				
Foot Exam (every visit)	Date:				
Dental Exam (every six months)	Date:				
Dilated Eye Exam (every year)	Date:				
A1C Blood test to measure past 3 mos. blood sugar level (every 3 months) Target:	Date:				
	Value:				
Albumin/Creatinine Ratio Urine kidney test (every year) Target:	Date:				
	Value:				
Serum Creatinine (GFR) Blood kidney test (every year) Target:	Date:				
	Value:				
Cholesterol (every year) Target:	Date:				
	Value:				
HDL (every year) Target:	Date:				
	Value:				
LDL (every year) Target:	Date:				
	Value:				
Triglycerides (every year) Target:	Date:				
	Value:				
Flu Shot (every year)	Date:				
Pneumonia Vaccine (at least once/ask provider)	Date:				
Hepatitis B Vaccine ages 19-59 (ask provider)	Date:				
Tuberculosis (TB)/PPD Status	Date:				
Depression Screening	Date:				
Smoking/Tobacco Exposure (every visit)	Date:				
Sexual Health Family Planning (every visit)	Date:				

Discuss these issues often with your health care provider to improve your diabetes management skills:

- Medications
- Nutrition Therapy
- Physical Activity
- Weight Management
- Complications
- Aspirin Therapy
- Hypoglycemia (low sugar)
- Hyperglycemia (high sugar)
- Sick Day Rules
- Psychosocial Issues
- Pre-pregnancy Counseling
- Pregnancy and Post-pregnancy Management

If you smoke and want to quit, call the California Smoker's Helpline
1 - 8 0 0 - N O B U T T S or 1 - 8 0 0 - 6 6 2 - 8 8 8 7

Diabetes Health Record

Your Name

Diabetes Care Provider

Diabetes Care Provider Telephone

Take Charge of Your Diabetes!

Medications – list your medications here and discuss with your diabetes care provider at every visit



The Diabetes Health Record is based on the *Basic Guidelines for Diabetes Care* and was developed by the Diabetes Coalition of California, in collaboration with the California Diabetes Program.

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Download the Diabetes Health Record in multiple languages and the *Basic Guidelines for Diabetes Care* at

www.caldiabetes.org