

Topics to Review with Your Health Care Provider	Date of Visit			
Weight <i>(every visit)</i> Target: _____				
Blood Pressure <i>(every visit)</i> Target: _____				
Foot Exam <i>(every visit)</i>				
Review Blood Sugar <i>(every visit)</i>				
HbA 1c <i>(every visit)</i> Target: _____				
Microalbumin <i>(every year)</i>				
Cholesterol <i>(every year)</i> Target: _____				
Triglycerides <i>(every year)</i> Target: _____				
HDL <i>(every year)</i> Target: _____				
LDL <i>(every year)</i> Target: _____				
BUN/Creatinine <i>(every year)</i>				
Dilated Eye Exam <i>(every year)</i>				
Dental Exam <i>(twice a year)</i>				
Immunizations <i>(review every year)</i>				
Education Review				
Nutrition/Meal Plan				
Feelings/Stress Management				
Physical Activity				
Self Monitoring of Blood Sugar				
Medication Review				
Low/High Blood Sugar (symptoms & treatment)				
Sick Day Guidelines				
Smoking/Alcohol Consumption				
Diabetes Complications				
Diabetes Management Plan				

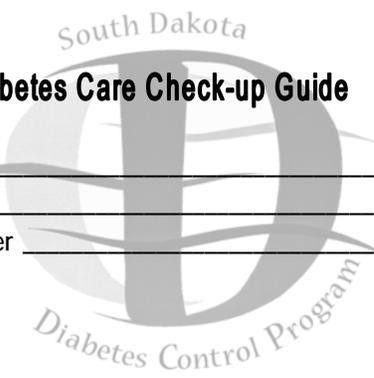
Phone

Doctor: _____
Diabetes Educator: _____
Dietitian: _____
Pharmacist: _____
Foot Doctor: _____
Dentist: _____
Eye Doctor: _____
Other Specialists: _____

I HAVE DIABETES In Case of an Emergency:
Please call: _____

This is a listing of items to discuss with your medical team that will help you get good diabetes care. This card has been designed by the South Dakota Diabetes Advisory Council. Take this card with you on your health care visits so that you can keep a record of your diabetes test results and target ranges.

Remember: Take Charge of YOUR Diabetes Care.



South Dakota
Diabetes Care Check-up Guide
Diabetes Control Program

Name _____
Address _____
Phone Number _____