

	Date of Visit	Date of Visit	Date of Visit	Date of Visit
<b>EVERY VISIT</b>				
<b>Weight</b> Target: BMI lower than 25	Wt: BMI:	Wt: BMI:	Wt: BMI:	Wt: BMI:
<b>Blood Pressure</b> Target: Lower than 130/80				
<b>Check blood sugar records</b> Target: 70-130 or lower fasting, and lower than 180 after meals				
<b>Foot Inspection</b>				
<b>EVERY 3-6 MONTHS (2-4 times a year)</b>				
<b>A1c</b> – a blood test to measure past 3 months blood sugar Target: Lower than 7%				
<b>EVERY 6 MONTHS (2 times a year)</b>				
<b>Dental Exam</b>				
<b>EVERY YEAR</b>				
<b>Triglycerides</b> Target: Lower than 150				
<b>HDL Cholesterol</b> Target: Higher than 40 for men; higher than 50 for women				
<b>LDL Cholesterol</b> Target: Lower than 100				
<b>Foot Exam</b>				
<b>Dilated Eye Exam</b>				
<b>Urine Kidney Tests</b> Target: Lower than 30				

**When diagnosed and as doctor recommended**

<b>Diabetes Education</b>				
<b>Lifestyle Counseling</b> (physical activity, nutrition, alcohol reduction & tobacco cessation)				
<b>Medical Nutrition Therapy</b>				

<b>Adult Immunizations</b>	<b>Date</b>
<b>Flu Shot</b> (every year)	
<b>Tetanus, diphtheria, pertussis</b> (every 10 years)	
<b>Pneumonia vaccine</b> (ages 19-64: 1-2 times) (age 65 or older: once)	
<b>Zoster (Shingles) vaccine</b> (age 60 or older: once)	