

Personal Care Record

Maintaining a personal care record lets you keep track of tests needed throughout the year. Staying on top of important health goals can help you prevent or reduce your risk of long term complications from diabetes.

LAB/OTHER TESTS	Goal	Date	Date	Date	Date
	A1C (every three to six months)				
	Cholesterol panel (yearly)				
	Kidney profile (yearly)				
	Urine albumin-creatinine ratio (ACR, yearly)				
	Estimated glomerular filtration ratio (eGFR, yearly)				

IMMUNIZATIONS	Goal	Date	Date	Date	Date
	Flu/Influenza (yearly)				
	Hepatitis B series (once)				
	Pneumococcal (once)				
	Tdap/Td (at least every 10 years)				
	Zoster/shingles series (once)				

EXAMS	Goal	Date	Date	Date	Date
	Blood pressure and weight (each visit)				
	Dental exam (every six months)				
	Foot check (visual check every visit)				
	Complete foot exam (yearly)				
	Diabetes visit (every three to six months)				
	Physical exam (yearly)				

EDUCATION	Goal	Date	Date	Date	Date
	Self-management education (every 6 to 12 months and as needed)				
	Nutrition (every 3 to 6 months or at least yearly)				
	Physical activity and exercise (each visit)				
	Home glucose (sugar) monitoring (each visit)				
	Tobacco use (each visit)				