

Diabetes Annual Guidelines for Care Summary

<Name>
 <Address>
 <City, State zip>

Member Identification Number:	HMO Code:
Birth Date:	Home Phone:
Physician Name:	Physician ID#

Test	Purpose	Completed			
		1	2	3	4
Hemoglobin A_{1c}	The hemoglobin A _{1c} test measures your blood sugar control over the past 90 days and should be done two to four times a year, depending on what your doctor recommends. The closer your hemoglobin A _{1c} is to that of people who do not have diabetes, the less chance you have of damage to your heart, eyes, kidneys, and blood vessels.	Date	Date	Date	Date
		Result	Result	Result	Result

Test		Completed Yes / No
Fasting Lipid Profile:	GOAL	<input type="checkbox"/> Yes <input type="checkbox"/> No
Total Cholesterol	Total Cholesterol: Less than 200 mg/dl	
HDL	HDL ("good") Cholesterol: Greater than 45 mg/dl	
LDL	LDL ("bad") Cholesterol: Less than 100 mg/dl	
Triglycerides	Triglycerides: Less than 200	
Kidney Function:		
Microalbumin	Microalbumin and urine protein tests measure the ability of your kidneys to filter the body's waste products. Adults with diabetes who have no protein in their urine should have a microalbumin test once a year. Adults with diabetes who have protein in their urine should be monitored regularly by their doctor.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Urine Protein		<input type="checkbox"/> Yes <input type="checkbox"/> No
Preventive Measures	Purpose	Completed Yes / No
Dilated Retinal Eye Exam	A dilated eye examination is important to find any changes in the eyes that, left untreated, can lead to blindness. This exam should be done every year by an ophthalmologist or optometrist trained to look for diabetic eye disease.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Flu Vaccine	A person with diabetes who catches the flu will likely become much sicker than a person without diabetes. A yearly flu shot can help avoid the flu and <i>will not</i> cause you to get the flu.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Pneumonia Vaccine	Pneumonia can be a serious problem for people with diabetes. A pneumonia vaccine once in your lifetime can lessen your chances of catching pneumonia.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Foot Exam	Loss of feeling in the feet is a major sign of damage or injury, which can lead to amputation. An annual foot exam tests how much feeling you have in your feet.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Blood Pressure Reading	Diabetes and high blood pressure can lead to heart attacks, strokes or kidney disease. Have your blood pressure checked at every visit to your doctor!	<input type="checkbox"/> Yes <input type="checkbox"/> No
Smoking Cessation	Smoking is dangerous for everyone, but especially for people with diabetes who are already at increased risk for heart disease.	<input type="checkbox"/> Yes <input type="checkbox"/> No

Phone Numbers:	Physician:	Program:
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This report contains information available to the program as of the date of this report. This information should in no way replace follow-up with your physician.