PATIENT-PHYSICIAN PARTNERSHIP AGREEMENT FOR DIABETES MANAGEMENT

OBJECTIVE
To better manage your diabetes through a patient-physician partnership and goal setting.

REASON
Medical research and clinical experience have shown that optimal management of diabetes significantly reduces the known complications of this disease, including blindness, heart attack, kidney failure and loss of a limb.

EXPECTATIONS
You can expect your physician to provide the following services, which are an essential part of diabetes management.

• OFFICE VISITS - every three months for reviewing your progress.
• MONITORING - blood pressure, other vital signs, foot examination and A1C.
• ANNUAL SCREENING - lipids, microalbuminuria (test for kidney protein), eye examination and monofilament testing (sensory examination of feet).

PERSONAL GOALS
Weight/Body Mass Index: Current:________/________ Ideal:________/________
A1C (< 6.5 percent): Current:________ Goal for 6 months:________
Blood pressure (< 130/80 mm/Hg): Current:________ Goal:________
Total cholesterol (< 200 mg/dl): Current:________ Goal:________
LDL (< 100 mg/dl): Current:________ Goal:________

YOUR RESPONSIBILITIES
• Schedule follow-up appointments every three months or as indicated by your doctor.
• Monitor blood sugars at home at the agreed testing frequency: ____________________
• Work toward attaining the personal goals noted above.

PATIENT SIGNATURE __________________________________________ Date:____________

PHYSICIAN SIGNATURE __________________________________________ Date:____________