

Know Your Diabetes ABCs (A1C, Blood Pressure, Cholesterol)

Patient Name: _____ Date: _____

How much physical activity are you getting? _____

BLOOD SUGAR: A1C (Target <7%): _____ %

Medicines: _____

Changes to recommend today: _____

BLOOD PRESSURE (Target <140/80 mm Hg)

Systolic: _____ Diastolic: _____

Medicines: _____

Changes to recommend today: _____

CHOLESTEROL: LDL (Target <100 mg/dL): _____ mg/dL

Medicines: _____

Changes to recommend today: _____

HEART PROTECTION

Aspirin: _____

EYE EXAM

Last eye exam: _____ Next eye exam due: _____



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