

Diabetes Monitoring Checklist



National care guidelines recommend the following tests, goals and medications for people with diabetes. In addition to monitoring your blood sugars, Network Health strongly encourages you to discuss the information in this checklist with your personal doctor. According to our records, you have completed the items marked with a check (✓).*

| Frequency | Description of Diabetic Tests and Screenings | Complete | Date Completed |
|--|--|----------|----------------|
| Every 3-6 months (or as directed by your doctor) | A1c Testing The A1c test is a blood test that measures your average blood sugars over the last three months. Experts recommend an A1c number less than 7 percent, but your target A1c number depends on many individual factors. | | |
| Daily (dosage as directed by doctor) | Recommended Statin Use The American Diabetes Association recommends a daily statin for all adults with diabetes regardless of their cholesterol level. Research shows that statins significantly decrease your risk for heart attack and stroke. Talk to your doctor to discuss your individual needs. | | |
| Every office visit | Blood Pressure Check A blood pressure screening involves your doctor using an arm cuff to measure the pressure within your blood vessels. Ideally, blood pressure levels for a person with diabetes should be less than 130/80. Controlling your blood pressure can help prevent long-term complications of diabetes. | | |
| Every 12 months | Kidney Screening (Microalbumin Test) The kidney screening is a urine test that measures the protein albumin in your urine. The screening measures how your kidneys are functioning because about 1/3 of people with diabetes develop kidney disease. | | |
| Every 12-24 months (or as directed by your doctor) | Dilated Eye Exam Dilated eye exams are done by an eye doctor. The eye care specialist dilates the pupil with drops to check for signs of retinopathy. Early diagnosis of retinopathy has been shown to prevent vision loss in more than 90 percent of people with diabetes. Use the enclosed Dilated Retinal Eye Exam Diabetic Retinopathy Communication Form to ensure that your eye care specialist sends the results of your dilated eye exam to the personal doctor who helps you manage your diabetes. | | |
| As directed by your doctor | Oral Diabetic Medication Use Effective diabetes management requires taking your oral diabetic medication as directed by your doctor. Your oral diabetic medications should be changed ONLY by your doctor. Controlling your blood sugar is important to preserve your eyesight, kidney function, circulation and heart health. Injectable medications, such as insulin, are not incorporated in this checklist. If you have questions regarding any of your medications, please talk to your personal doctor. | | |

*Our records will not automatically reflect screenings done by Veterans Affairs or tests taken within the past 90 days. If you feel you have had these tests within the past 12 months and received this mail in error, please contact the quality department at Network Health to update your records.

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