

Self-managing your diabetes means you are making healthy choices each day. Talk with your health care provider about how you are managing your diabetes. Make positive choices. Good blood sugar control can make a difference.

For more information about diabetes

Call 1-800-860-8747

National Diabetes Clearinghouse

F- 49357 (Rev. 3/11)

Diabetes Health Care Team

NAME

Primary Care Provider

Diabetes Specialist

Dietitian

Diabetes Educator

Eye Doctor

Foot Doctor

Heart Doctor

Dentist

Pharmacy

I have Diabetes:

I may be having a low blood sugar reaction to insulin or diabetes pills.

If I can not be awakened or can not swallow, do not try to give me anything to eat or drink, CALL 911.

If I am **awake** but acting strangely, give me some regular soda, juice, milk, table sugar, or honey. If I do not get better after 15 minutes, CALL 911.

Personal Diabetes Care Record

Take this card to all your health care appointments.

Name

Address

Telephone number:

In an emergency, contact:

Personal Diabetes Care Record

	Goal	Date	Date	Date	Date	Date	
LAB TESTS	A1C <7% - every 3-6 months						
	Fasting Lipid Panel - yearly						
	Total Cholesterol <200 mg/dL						
	Triglycerides <150 mg/dL						
	LDL <70 mg/dL or <100 mg/dL						
	HDL ≥40 mg/dL men ≥50 mg/dL women						
EXAMS	Kidney Function - Albumin-to-creatinine ratio <30 mg/g - yearly Serum creatinine for estimating kidney function (eGFR) - yearly	/	/	/	/	/	
	Dilated Eye Exam - yearly						
	Dental Exam - every 6 months Oral Check - every visit	/	/	/	/	/	
	Foot Check - visual check every visit Complete Foot Exam - yearly	/	/	/	/	/	
	Diabetes Visit - every 3-6 months						
	Complete Physical Exam - yearly						
	Blood Pressure <130/80 mmHg - check each visit						
	Emotional/Sexual Health - discuss each visit						
	Tobacco Use - discuss each visit						
	SHOTS	Flu - each fall					
		Pneumonia - once, per your provider					
		Physical Activity Level - discuss each visit					
	EDUCATION	Registered Dietitian - at diagnosis, for 3-4 visits over 3-6 months, then annually					
		Self-Management Education - at diagnosis every 6-12 months or as needed					
Home Blood Sugar Testing - review each visit							

This record is based on the 2011 Wisconsin Diabetes Essential Care Guidelines. Developed by the Wisconsin Diabetes Advisory Group and the Diabetes Prevention and Control Program, Division of Public Health, Wisconsin Department of Health Services.