## Important Tests and Exams to Help Manage Diabetes

Managing diabetes is important to your overall health. Part of managing diabetes is keeping track of your tests/exams. Have your healthcare provider check the boxes next to the tests/exams you need. Add the date of your next test/exam.

## **Blood tests\***

- Before-meal blood sugars: 70-130 mg/dL
- Postmeal (~2.0 hours) blood sugars: <180 mg/dL

My schedule for testing blood sugar:

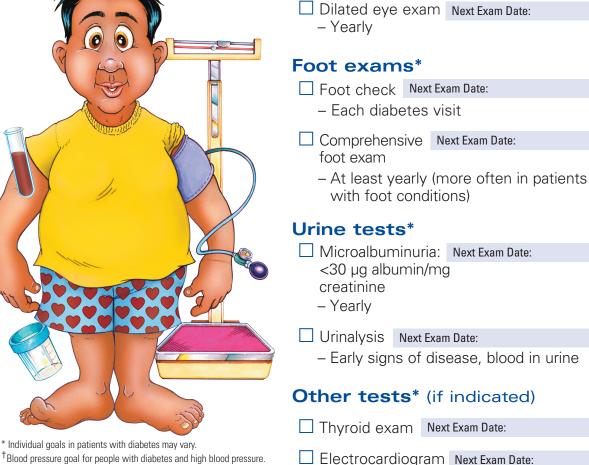
- A1C: <7% Next Exam Date:
  - Quarterly, if treatment changes or not at goal
  - At least 2 times a year if stable at goal
- Lipid profile Next Exam Date:
  - Yearly
  - LDL ("bad" cholesterol): <100 mg/dL</li>
  - Triglycerides: <150 mg/dL
  - HDL ("good" cholesterol):
    - >40 mg/dL for men; >50 mg/dL for women

## **Blood pressure\***

- ☐ Blood pressure: Next Exam Date:
  - <140/80 mmHa<sup>†</sup>
  - Fach diabetes visit



Talk to your healthcare provider if you have any questions about these tests and exams.



Eye exam\*



Dental exam Next Exam Date: