



DIABETES CARE PLAN

Name: _____
Date: _____ D.O.B. _____
Provider's name: _____

What I will take care of:

- Check my blood sugar (fill in the box below with your doctor)
- Keep a blood sugar log and bring it to my appointments
- Check my feet every day for sores or redness
- Take medicine as prescribed, even when I feel well
- Follow my meal plan, including eating 5 fruits and vegetables daily
- Be active, exercise _____ minutes _____ days per week
- Try to lose some weight: _____ pounds
- Talk to my medical provider if I am having problems or have questions about my diabetes
- Visit an eye doctor every year
- Attend a diabetes or weight loss class
- Stop smoking or chewing

How confident I feel that I can achieve these goals:

- Confident
- Neutral
- Not confident
- Unsure

Goals for testing my blood sugar:

I plan to test my blood sugar _____ time(s) per day.

- Before breakfast 2 hours after breakfast
- Before lunch 2 hours after lunch
- Before dinner 2 hours after dinner
- Before bedtime

My target blood sugars are:

Before meals: less than 110 less than 120
 After meals: less than 140 less than 160
 Bedtime: 100-160 120-200

My diabetes numbers:

Hemoglobin A1C _____
 (Ideal: 7 or less)
 Blood Pressure _____
 (Ideal: 130/80 or less)
 LDL ("bad" cholesterol) _____
 (Ideal: 100 or less)

Please see your visit summary for any changes that were made to your medications at this visit.

Patient Signature _____

Here are some resources to help you learn more about diabetes and ways to be healthier:

- Call our clinic for information on diabetes education classes and our weight loss program
- Visit www.diabetes.org (Free information and tools, like "My Food Advisor")
- Visit www.kanquit.org or call 1-800-QUIT NOW for help to quit smoking
- For a free self-management tool, sign up at www.MerckEngage.com
- Enroll in the "Healthy Options" program if your primary insurance is Blue Cross/Blue Shield of KS

Tips for living a healthier and longer life:

- *Avoid excessive alcohol use*
- *Avoid tobacco*
- *Improve nutrition*
- *Engage in physical activity*