

ABCs of Diabetes Care

Yale HEALTH

Test/Exam	How often	Ideal level	Your level or Date of Service
A 1c (Blood test) Lowering your A1c reduces diabetes complications	Every 3-6 months	Less than 7%	____/____
B lood pressure control Lowering your blood pressure reduces stroke	Every visit	Less than 140/90	____/____
C holesterol (LDL) level (Blood test) Lowering your LDL reduces heart attack	Every year	Less than 100 mg/dl	____/____
D iabetes kidney microalbumin (Urine protein test) Treating early kidney damage may prevent dialysis	Every year	Less than 30 µg/g	____/____
E ye exam – Each year Finding early eye damage may prevent blindness	Every year		____/____/____
F oot exam by a clinician <input type="checkbox"/> Inspect the feet <input type="checkbox"/> Check pulses <input type="checkbox"/> Test sensation	Every year		____/____/____
G oals for self-management My goal: _____	Every visit		
H ome glucose testing Ask your clinician if this is right for you	Varies		____/____/____
I mmunizations <input type="checkbox"/> Annual flu shot <input type="checkbox"/> Pneumonia vaccine (Pneumovax) <input type="checkbox"/> Hepatitis B series	Every year At least once Once		____/____/____ ____/____/____

Clinician: _____