

## Diabetes Care

# Health Evaluations and Tests Record

Use this chart to record your health evaluations and test results. Ask your healthcare team how often you should have these checkups/tests. Ask what your targets should be. Write them down in the target column.

Name: \_\_\_\_\_

Diabetes Test and Exams	My Target*	How Often*	Date	Results	Date	Results	Date	Results
Complete Foot Exam		Annually						
A1C <7%**		2-4/year						
Total Cholesterol <200 mg/dL**		Annually						
LDL <100mg/dL**		Annually						
HDL <50mg/dL**		Annually						
Triglycerides <150mg/dL**		Annually						
Urine Protein		Annually						
Dilated Eye Exam		Annually						
Diabetes Self-Management Education		As needed						
Diabetes Nutrition Consulting		As needed						
Vaccines		How Often*	Date	Results	Date	Results	Date	Results
Influenza ( <i>starting after age 50 or sooner if at risk</i> )		Annually						
Pneumonia ( <i>at age 65</i> )		Once*						
Tetanus/Diphtheria		Every 10 years						
Hepatitis A		Per risk						
Hepatitis B		Per risk						
TB Screen		Per risk						
Vericella		Per risk						

\*Discuss with your doctor or nurse.

\*\*Based on the 2012 Clinical Practice Recommendation of the American Diabetes Association.

Use this chart to record your health evaluations and test results. Ask your healthcare team how often you should have these checkups/tests. Ask what your targets should be. Write them down in the target column.

Name: \_\_\_\_\_

All Adults	My Target*	How Often*	Date	Results	Date	Results	Date	Results
Weight		Each visit						
Blood Pressure		Each visit						
Cholesterol		Annually						
Blood Sugar		Annually						
Eye/Glaucoma		Every 1-2 years						
Dental		1-2/year						
Hearing		Every 3 years						
Stool for hidden blood		Every year						
Colorectal screening		Every 5 years						
Mammogram (Women)		Every 1-2 years						
Pap Test/Pelvic Exam (Women)		Every 1-3 years						
Prostate PSA/DRE** (Men)		*						
Depression screen		*						

\*Discuss with your doctor or nurse.

\*\*Prostate Specific Antigen/Digital Rectal Exam.

**SOURCE:** Adapted from Guide to Clinical Preventive Services, 2010-2011. AHRQ Pub. No. 10-05145, August 2010. Agency for Healthcare Research and Quality.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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