

## My Health Exams for Diabetes

My Provider: \_\_\_\_\_

Internal Medicine: 203 432-0038

Test/Exam	How Often	Target	Result/Date	Due Date of Next Test/Exam
<b>Blood Sugar</b> (HgA1c)	Every 3-6 months	Less than or equal to 7%	/	
<b>Blood Pressure</b>	Every visit	Less than 140/90	/	
<b>Cholesterol</b>	Every year	LDL less than 100mg/dl HDL more than or equal to 40 mg/dl (men) more than or equal to 50 mg/dl (women) Triglycerides: Less than 150mg/dl	/	
<b>Kidney Urine Test</b>	Every year	Less than 30 µg/mg	/	
<b>Eye Exam</b>	Every year		/	
<b>Foot Exam</b>	Every year		/	
<b>Vaccinations</b>				
Flu Shot	Every year		/	
Pneumonia	Once		/	
Hepatitis B Series	Once		/	
<b>Dental Exam</b>	Every 6 months		/	