Control your diabetes. For Life.

DIABETES MANAGEMENT SCHEDULE

Your Diabetes Complication Prevention Calendar

At every doctor's visit, ask about:

- Blood pressure (Goal 130/80) and Weight
- Foot Exam
- Review your self-monitored blood sugar records
- Review your medications
- Review your exercise and diet plan

Two to four times a year

- HbA_{1c} Goal <7.0 _____/_____ _____/_____
  date/result date/result
- Fat levels in your blood _____/_____ _____/_____
  Goal <100 for LDL date/result date/result
- Protein in your urine _____/_____ ___/_____
  date/result date/result

Annually

- Eye Exam __/___/___date
- Flu Shot __/___/___date

One time (May re-immunize one time Per M.D. discretion)

- Pneumonia Shot __/___/___
  date

CALL YOUR PRIMARY CARE DOCTOR WITH ANY QUESTIONS

Diabetes LifeCare

860-545-3526

HARTFORD HOSPITAL
Great Doctors Are Just The Beginning

The Hartford Hospital Diabetes Awareness and Screening Program,
A program of Diabetes LifeCare and The Institute for Outcomes Research and Evaluation at Hartford Hospital
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