



Check List for Your Diabetes Care

Tests/Exams	Usual goal	How often	My result	Date
A1C test	<7%	Every 3-6 months		
Total cholesterol	<200 mg/dL (5.2 mmol/L)	Once a year		
LDL cholesterol	<100 mg/dL (2.6 mmol/L)	Once a year		
HDL cholesterol	Male: >40 mg/dL (1.0 mmol/L) Female: >50 mg/dL (1.3 mmol/L)	Once a year		
Triglycerides (TG)	<150 mg/dL (1.7 mmol/L)	Once a year		
Urine microalbumin	<30 mcg/mg (mcg/mg creatinine)	Once a year		
Dilated eye exam	Early detection	Once a year		
Foot exam	Early detection	Every 3-6 months		
Foot exam - Self check	Early detection	Every day		
Blood pressure	<140/90	Every 3-6 months		
Waist circumference	Male: <90 cm (35.5 inches)* Female: <80 cm (31.5 inches)*	Every medical visit		
BMI	<23 [†]	Every medical visit		
Stress test	Early detection	Discuss with your health care provider [‡]		
Flu shots	Early prevention	Once a year		

* This is the goal for Asians and Asian Americans. For Caucasians, males should aim for <102cm (40 inches) and females should aim for <88cm (35 inches).

† This is the goal for Asians and Asian Americans. For Caucasians, aim for <25.

‡ If you:

- complain of typical or atypical chest pain
- have an abnormal electrocardiography (ECG)
- have a diagnosis of peripheral artery disease or carotid disease
- are >35 years of age with sedentary lifestyle about to start a rigorous exercise program