



Diabetes Care Checklist for Asian Americans

Header:

Text

Tests/Exams	Usual Goal	Usual Frequency	My Goal & Frequency	My result	Date
A1C test	<7%	Every 3-6 months			
Blood glucose (Self-check)	<130 mg/dL fasting <180 mg/dL 1-2 hours after eating	Daily			
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			
eGFR	> 60 mL/min/1.73m ²	Once a year			
Blood pressure	<140/90	Every medical visit			
Waist circumference	Male: <90 cm (35.5 inches) Female: <80 cm (31.5 inches)	Every medical visit			
BMI	<23 kg/m ²	Every medical visit			
Dilated eye exam	Early detection	Once a year			
Foot exam	Early detection	Every 3-6 months			
Foot exam (Selfcheck)	Early detection	Every day			
Dental check-up	Early detection	Every 6 months			
Flu shot	Early prevention	Once a year			
Pneumonia shot (≥65 years old)	Early prevention	Once in life			
Hepatitis B (≤60 years old)	Early prevention	Once in life			

Ref: <https://www.cdc.gov/diabetes/managing/care-schedule.html>