REMINDER: BRING THIS CARD WITH YOU TO ALL DOCTOR APPOINTMENTS										
Checkpoints	AACE Standards		Patient	Date	Date	Date	Date	Date	Date	
	Goal	How Often	Goals*							
Blood Pressure	< 130/80	Every Visit								
Foot Exam		Every Visit								
Weight/BMI	BMI < 25	Every Visit								
A1C	≤ 6.5%	Quarterly				1444			21 22 23	
Eye Exam (Dilated)	None, NPDR, PDR, ME, Other. Physician to fill-in.	Yearly		Laser Y N						
HDL	> 40 mg/dl	Yearly							Make	
LDL Cholesterol	< 70 mg/dl	Yearly								
Triglycerides	< 150 mg/dl	Yearly								
Urine Test (Microalbumin)		Yearly	1.1.11							
Diabetes Education	Annual Refresher	As Needed								
Nutritional Counseling	Annual Refresher	As Needed								
Self Monitoring Blood Glucose	B <110 , A <140 mg/dl	As Needed								

^{*}Goals are based on current AACE guidelines or from current available evidence for each risk factor. Check with your physician to select your appropriate goals.

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