DIABETES CARE PLANNER Helping to manage your diabetes

| Glucose, lipid & blood pressure checks | My results | My targets | Next test/screen/ appointment due |
|--|-------------------------------|-----------------------------------|--------------------------------------|
| Home testing blood glucose level | My testing plan: | Before meals 2 hours after meals | |
| HbA1c | | | |
| Blood pressure | | | |
| Blood tests | Lipids: Total Chol LDL HDL TG | Lipids: Total Chol LDL HDL TG | |
| | Vitamin D Vitamin B12 eGFR | Vitamin D Vitamin B12 | |

| General health checks | How often | Next test/screen/ appointment due |
|-----------------------------------|---|--------------------------------------|
| Urine | Yearly ACR My result: | |
| Eyes | Optometrist every 2 years | |
| Feet | Daily + Podiatrist every 12 months | |
| Psychological health screening | Yearly | |
| ECG | Every two years if over the age of 50 with one or more risk factors | |

Medications

