

Your Diabetes Management Plan

For: _____ Date: _____

Stay Involved in Your Health Care!

Every change you make today is a valuable investment toward improving your health in the future.

If you are like most people, you will have some questions and will require some support as you work toward your goals. One of the most important ways to stay on track is to communicate openly with your health care providers (HCPs). Ask questions and share any concerns you may have, so that you can do your best to reach your goals.

Your Current Measures and Goals

Office Glucose (A1C) Testing		
Current A1C Measure	Goal for Next Visit	ADA-Recommended Goal*
_____ %	_____ %	Less than 7%

Home Glucose Testing	
Time of Day	Goal
After waking and before eating	_____ mg/dL to _____ mg/dL (ADA standard: 70–130 mg/dL*)
2 hours after starting to eat a meal	Less than _____ mg/dL (ADA standard: <180 mg/dL*)
Other _____	_____ mg/dL

Call your HCP if your blood sugar is below _____ mg/dL or above _____ mg/dL.

During every office visit, your HCP may review and update the following measures and discuss your goals for each:

Measure	Current	Goal for Next Visit	Recommended Goal
Blood pressure	_____ mmHg	_____ mmHg	Below 130/80 mmHg
Weight	_____ lb	_____ lb	_____ lb

At every visit, you should also have:

- A foot examination
- A discussion of your goals and challenges
- An update of your action plan based on your progress
- A discussion about whether it is time to visit the diabetes educator or dietitian

*The ADA recommends A1C <7.0% for many adults with diabetes. Your HCP may suggest a different goal.

Your Diabetes Management Plan

Medications

Take Prescribed Medications

To reach your treatment goals, it is important to take all of your prescribed medications as instructed. If you have questions, ask your HCP or pharmacist. Remember always to tell your HCP or pharmacist about any allergies you may have.

Medication	What It's For	How to Take It	Side Effects to Watch For

If you are like many patients with diabetes, your HCP will adjust your medication as needed to achieve better results or to address side effects. Be sure to discuss any medication questions or issues with your HCP.

No change Change _____

Tips for Taking Your Medicine

- *Follow instructions:* Follow the directions for taking medicine exactly as your HCP or pharmacist tells you.
- *Know the basics:* Know which medicines you are taking, what they are for, when you should take them, and how you should take them.
- *Continue taking your medicine:* Always check with your HCP before stopping any prescribed medication. If you're having any difficulties taking your medicine, be sure to ask your HCP about other options.
- *Be aware of side effects:* Ask your HCP or pharmacist about any potential side effects that may occur.
- *Store medicine properly:* Remember to store your medicines as instructed.
- *Every medicine or vitamin counts:* Be sure to tell your HCP and pharmacist about all of the medicines and supplements you are taking, including any over-the-counter medicines, vitamins, herbal preparations, and/or dietary supplements.
- *Communicate medication allergies:* Tell your HCP about any allergies you have to prescription or over-the-counter medicines, vitamins, herbal preparations, or dietary supplements.

