

## **My Diabetes Health Check List 2013**

<u><b>Recommended</b></u>	<u><b>Date</b></u>		<u><b>Check</b></u>
<i>Weight and BMI</i>		<i>Every visit</i>	<input type="checkbox"/>
<i>Blood pressure</i>		<i>Goal &lt;130/80mmHg</i>	<input type="checkbox"/>
<i>HbA1C</i>		<i>2-4 Times/yr</i>	<input type="checkbox"/>
<i>Lipid Profile</i>		<i>Annually</i>	<input type="checkbox"/>
<i>Microalbuminuria</i>		<i>Annually</i>	<input type="checkbox"/>
<i>ABI</i>		<i>Annually</i>	<input type="checkbox"/>
<i>ECG</i>		<i>Annually</i>	<input type="checkbox"/>
<i>Dilated eye exam</i>		<i>Annually</i>	<input type="checkbox"/>
<i>Comprehensive foot exam</i>		<i>Annually</i>	<input type="checkbox"/>
<i>Dental</i>		<i>Q 6months</i>	<input type="checkbox"/>
<i>Nutritionist</i>		<i>Annually</i>	<input type="checkbox"/>
<i>Keeps Appointment</i>			<input type="checkbox"/>
<i>Glucose records/meeting targets</i>			<input type="checkbox"/>
<i>Medication adherence</i>			<input type="checkbox"/>
<i>Depression screen</i>			<input type="checkbox"/>
<u><b>Routine</b></u>			<input type="checkbox"/>
<i>Mammogram</i>			<input type="checkbox"/>
<i>Colonoscopy</i>			<input type="checkbox"/>
<i>Flu Vaccine</i>			<input type="checkbox"/>
<i>Pneumovax</i>			<input type="checkbox"/>
<i>Cervical/Prostate cancer screen</i>			<input type="checkbox"/>

### **My Diabetes Health Rx:**

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