

My Diabetes

Education
WORKBOOK

**Understanding,
Tracking &
Managing
Diabetes**



My Health Care Team

	Name	Phone Number
Primary Care Doctor		
Diabetes Specialist Doctor		
Heart Doctor		
Eye Doctor		
Foot Doctor		
Kidney Doctor		
Home Health Agency		
Local Pharmacy and Pharmacist		
Mail-Order Pharmacy		
Diabetes Supplies (blood testing supplies or insulin syringes)		
Medical Supply Company (prosthesis, special shoes, dressings)		
Certified Diabetes Specialist or Dietitian		
Other:		

My Diabetes Education Workbook

There is a lot to learn about managing your diabetes whether you just learned that you have diabetes or if you have had it for years. This can be a stressful time for you and your family. This booklet will help you learn or brush-up on some of the important information and can also be a workbook full of tools to help improve your health and manage your diabetes.

To use this booklet, pick out what you wish to learn, set goals, and track your progress managing your diabetes.

1. In the box below, check the areas in which you want to **DO BETTER**.
2. Pick the area that is the most **important to you** and where you want to start.
3. Read the information about that specific topic and re-read it as often as needed.
4. Discuss the topic with one of your healthcare team. **ASK** questions until you understand; asking questions is a good way to learn.
5. Keep reading other sections, discuss them with one of your healthcare team, and **ASK** questions.
6. Share the information with your family and caregivers to help you manage your diabetes.
7. Ask one of your healthcare team for more information on any topic about which you wish to learn more.

I want to DO BETTER with:

- Learning About Diabetes**
- Taking My Medicines**
- Checking My Glucose (Sugar)**
- Eating Better**
- Exercising**
- Handling Problems**
- Preventing Diabetes Problems**
- Creating My Diabetes Action Plan**



Learning About Diabetes

Check one:

I am DOING WELL

I want to DO BETTER

- Most of the food we eat turns into sugar called “glucose.”
- Our bodies use sugar as energy.
- The pancreas is an organ that is near the stomach and it makes a hormone called insulin to help sugar enter the cells of our bodies for energy.
- When you have type 2 diabetes, your body does not produce enough insulin to use the sugar, and the extra sugar stays in the blood.
- Diabetes is when blood sugar levels are too high.
- An A1C blood test gives a picture of your average blood sugar control over the past 2 to 3 months.

	A1C	Fasting Blood Glucose
Diabetes	6.5 or above	126 or above
Prediabetes	5.7 to 6.4	100 to 125
Normal	About 5	99 or below

- Diabetes can cause serious health problems including heart disease, blindness, kidney failure, and amputations of toes, feet, or legs, and even death.
- Diabetes is the seventh leading cause of death in the United States.
- It is also a progressive disease and can be harder to manage over time if your blood sugar is not controlled early.

Most Common Types of Diabetes in Adults

Type 1

- 5 to 10% of all people with diabetes.
- Pancreas stops making insulin or makes too little.
- Most people will need insulin.

Type 2

- 90 to 95% of people with diabetes.
- Pancreas does not make enough insulin or the body can't use the insulin well.
- Many people will need medications in addition to diet and exercise.

Find a listing of **Common Terms** with descriptions on the internet at

<http://www.diabetes.org/diabetes-basics/common-terms/>

Learn more on Living with Diabetes from the American Diabetes Association at

www.diabetes.org or call 1-800-DIABETES.

Check one:

I am DOING WELL

I want to DO BETTER

Taking My Medicine



Oral Medications

- Keep a current list of your medications in your wallet.
- Take all of your medications with you to your doctor's appointment or if you have to go to the hospital.
- Currently there are several types of pills and they work differently in your body.
- Your doctor may order one or more medications for you and will change them until your blood sugar is controlled. Below is a list of the most common oral diabetes medications. **Read about the medications you are taking.**

Type & How it Works	Name(s)	Possible Side Effects
<i>Biguanides</i> lower blood sugar by decreasing the amount of sugar released by the liver and increasing the amount of sugar that is absorbed in the muscles.	metformin (Glucophage, Glucophage XR, Fortamet)	<ul style="list-style-type: none">▪ Nausea▪ Diarrhea▪ Muscle pain or weakness
<i>Sulfonylureas</i> increase the release of insulin to lower your blood sugar.	<ul style="list-style-type: none">▪ glipizide (Glucotrol, Glucotrol XR)▪ glyburide (Micronase, DiaBeta)▪ glimepiride (Amaryl)	<ul style="list-style-type: none">▪ Hypoglycemia (low blood sugar)▪ Weight gain▪ Nausea▪ Skin rash▪ Should not use if allergic to sulfa medications
<i>Alpha-glucosidase inhibitors (AGIs)</i> slow the breakdown of some sugars as they go through the bowel. So it slows the rise of your blood sugar.	<ul style="list-style-type: none">▪ acarbose (Precose)▪ miglitol (Glyset)	<ul style="list-style-type: none">▪ Gas▪ Stomach pain▪ Diarrhea
<i>Dipeptidyl peptidase-4 inhibitors (DPP-4)</i> help lower blood sugar levels after a meal. Use carefully if you have heart failure or have had pancreatitis.	<ul style="list-style-type: none">▪ saxagliptin (Onglyza)▪ sitagliptin (Januvia)▪ linagliptin (Tradjenta)	<ul style="list-style-type: none">▪ Headache▪ Sore throat▪ Cold symptoms

Type & How it Works	Name(s)	Possible Side Effects
<i>Meglitinides</i> increase the release of insulin to lower high blood sugar after a meal; must be taken within 30 minutes of eating a meal.	<ul style="list-style-type: none"> ▪ repaglinide(Prandin) ▪ nateglinide (Starlix) 	<ul style="list-style-type: none"> ▪ Hypoglycemia (low blood sugar) ▪ Weight gain ▪ Nausea ▪ Back pain
<i>Sodium glucose cotransporter-2 inhibitors (SGLT2)</i> increase glucose release in the urine and reduce the making of sugar in the liver. Do not use if you have kidney disease or high levels of ketones.	<ul style="list-style-type: none"> ▪ canagliflozin (Invokana) ▪ dapagliflozin (Farxiga) 	<ul style="list-style-type: none"> ▪ Vaginal or urinary tract infections ▪ Dizziness from low blood pressure when standing
<i>Thiazolidinediones (TZDs)</i> help insulin work better in the muscle and fat and decrease the amount of sugar released by the liver. Do not use if you have heart failure or liver failure.	<ul style="list-style-type: none"> ▪ rosiglitazone (Avandia) ▪ pioglitazone (Actos) 	<ul style="list-style-type: none"> ▪ Weight gain ▪ Edema ▪ Actos may increase risk of bladder cancer ▪ May cause or worsen heart failure



Injectable Medications

Type & How it Works	Name(s)	Possible Side Effects
<i>Amylin mimetics</i> are used only with insulin to slow food digestion. It also reduces the release of sugar from the liver.	pramlintide (Symlin)	<ul style="list-style-type: none"> ▪ Hypoglycemia (low blood sugar) <ul style="list-style-type: none"> ○ Severe low blood sugar levels 3 hours after injection ▪ Nausea ▪ Headache ▪ Irritation at injection site
<i>Incretin mimetics</i> are used with metformin and sulfonylureas (oral medications) to stimulate the release of insulin and slow food digestion. Not for people on insulin.	<ul style="list-style-type: none"> ▪ exenatide (Byetta) ▪ extended release exenatide (Bydureon- is used once a week) ▪ liraglutide (Victoza) 	<ul style="list-style-type: none"> ▪ Nausea or vomiting ▪ Headache ▪ Dizziness ▪ Hypoglycemia (low blood sugar) ▪ Victoza and Bydureon have increased risk of thyroid tumor

Insulin Medications

- If you have type 1 diabetes, you need to use insulin since your body does not make insulin.
- If you have type 2 diabetes, you may need to also take insulin to get good sugar control.
- Currently there are many different types of insulin which all act at different times in your body.

Type & How it Works	Name(s)	Possible Side Effects
<i>Rapid-Acting</i> begins to work in 15 minutes, peaks in 1 hour, and continues to work for 2 to 4 hours.	<ul style="list-style-type: none"> ▪ Insulin glulisine (Apidra) ▪ Insulin lispro (Humalog) ▪ Insulin aspart (NovoLog) 	<ul style="list-style-type: none"> ▪ Hypoglycemia (low blood sugar) ▪ Blurry vision at the beginning ▪ Firm lump at the injection site

Type & How it Works	Name(s)	Possible Side Effects
<i>Regular or Short-Acting</i> begins to work in 30 minutes, peaks in 2 to 3 hours, and continues to work for 3 to 6 hours.	Humulin R, Novolin R	<ul style="list-style-type: none"> ▪ Hypoglycemia (low blood sugar) ▪ Blurry vision at the beginning ▪ Firm lump at the injection site ▪ Kidney function changes
<i>Intermediate-Acting</i> begins to work in 2 to 4 hours, peaks in 4 to 12 hours, and continues to work for 12 to 18 hours.	NPH (Humulin N, Novolin N)	<ul style="list-style-type: none"> ▪ Hypoglycemia (low blood sugar) ▪ Blurry vision at the beginning ▪ Firm lump at the injection site ▪ Kidney function changes
<i>Long-Acting</i> begins to work in 2-4 hours, and lowers sugar evenly over 24 hours. (Never mix these insulins with other insulins in the same syringe.)	<ul style="list-style-type: none"> ▪ insulin detemir (Levemir) and insulin glargine (Lantus) ▪ U300 insulin glargine (Toujeo) ▪ insulin degludec (Tresiba) 	<ul style="list-style-type: none"> ▪ Hypoglycemia (low blood sugar) ▪ Blurry vision at the beginning ▪ Firm lump at the injection site ▪ Kidney function changes
<i>Pre-Mixed</i> is a mixture of different types of insulin to provide the benefits of quick and longer acting insulins.	<ul style="list-style-type: none"> ▪ Humulin 70/30 ▪ Novolin 70/30 ▪ Humalog 50/50; 75/25 ▪ NovoLog 70/30 	<ul style="list-style-type: none"> ▪ Hypoglycemia (low blood sugar) ▪ Blurry vision at the beginning ▪ Firm lump at the injection site ▪ Kidney function changes
<i>Inhaled Insulin</i> is a fast-acting insulin inhaled through the mouth just before a meal or shortly after starting to eat. It begins to work in 15-20 minutes and works for about 2-3 hours.	Afrezza	<ul style="list-style-type: none"> ▪ Hypoglycemia (low blood sugar) ▪ Cough, throat pain or irritation ▪ May cause tightness in the chest if you have chronic lung problems

Key Tips for Taking Insulin

- Inject insulin with syringes or insulin pens – talk with one of your healthcare team about your choices.
- Store your current bottle of insulin at room temperature and away from extreme heat or cold.
 - Warm insulin is less painful.
 - Bottles stored at room temperature, will **be good for short time** (read packaging or ask one of your healthcare team including your pharmacist).
 - All extra bottles of insulin should be kept in the refrigerator.
 - Prefilled insulin syringes should be stored in the refrigerator with needle end pointing up.
- Check your insulin bottle for:
 - Expiration date – **don't use outdated bottles.**
 - Unusual particles or discoloration of insulin (look for frosting or crystals with NPH insulin) and **don't use if you notice these.**
- Know if your insulin needs to be gently mixed by rolling gently between your hands.
 - Intermediate-acting insulin is cloudy, and must be rolled between your hands to mix it. **DO NOT shake the bottle.** This can make the insulin clump and create air bubbles.
 - Clear insulin does not need to be mixed.
- Learn how to give yourself insulin from your healthcare team.
- Remember to never share your insulin or to borrow someone else's insulin.
- Talk to your healthcare team and about reusing insulin syringes.
 - When reusing needles, the needle becomes weak and can break off in your skin.
- Rotate the injection site to prevent firm lumps and allow insulin to work well.
- Discard needles properly.
 - Place in a sharps container or a puncture proof container (like a heavy-duty, colored plastic laundry soap bottle with lid).
 - Ask one of your healthcare team if there are other rules where you live.
- Eat immediately after taking your insulin, waiting no longer than 15 to 30 minutes, so your medicine will have something to use.



Checking Glucose (Sugar) Levels

Check one:

- I am DOING WELL
- I want to DO BETTER

Blood Glucose (Sugar)

- It is important to check blood sugar regularly at home with a blood sugar meter.
 - How often does your doctor want you to check it?
- _____ times a day **OR** _____ times a week **AND** any time I do not feel well

Steps to check my sugar with a meter

- Ask one of your healthcare team how to use your meter.
 - Meters are all different and instructions may vary.
- Get all equipment ready and wash hands.
- Insert strip into meter.
- Use lancet to get drop of blood from the **side of a finger**.
- Touch and hold edge of test strip to place the drop of blood.
- Wait for result and watch the meter for your sugar level (a number).
- Write result in log or booklet every time.
- Discard the lancet in a sharps container or a puncture proof container (like a heavy-duty, colored plastic laundry soap bottle with lid).
- Check battery on meter (some companies will provide free battery replacements).

Tips to get accurate readings

- Keep meter clean.
- Use strips that are at room temperature and not outdated.
- Calibrate (set up) meter with every new box of strips.
- Get large enough blood drop on test strip.
- Ask one of your healthcare team to watch you use your meter at least once a year.

Blood Glucose (Sugar) Targets for Most People with Diabetes

When	Usual Target Levels	My Target Levels
Before meals	80 to 130	_____ to _____
1 to 2 hours after start of meal	Below 180	Below _____

Sugar should return back to normal about 2 hours after eating.



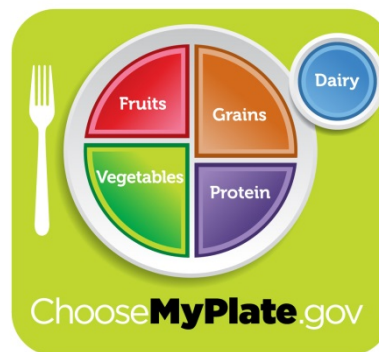
Eating Better

Check one:

I am DOING WELL

I want to DO BETTER

- Check with your healthcare team on different types of foods to help you control your sugar levels and which will **work best for you**.
 - Examples include:
 - Plate Method
 - Mediterranean Diet
 - Carbohydrate Counting
 - Ask your healthcare team for diet sheets on your type of diet.
 - Ask lots of questions.
- **Make healthy food choices**
 - **Watch portion sizes**
 - Use healthy plate method to portion your food on your plate (see picture). Half of plate is fruit and vegetables.
 - Include lots of vegetables, especially non-starchy ones (spinach, carrots, broccoli, or green beans).
 - Eat fruits, but some fruits are starches (potatoes, tomatoes, peas, corn).
 - Use whole grain foods (brown rice, whole wheat bread or whole wheat pasta).
 - Include a lean fish 2-3 times a week.
 - Choose lean meats – remove skin and fat.
 - Use non-fat dairy (skim milk, non-fat yogurt, and low-fat cheese).
 - Drink water, unsweetened tea or coffee. Add slice of lemon, lime, orange, or some mint in water for natural flavoring.
 - Use liquid oils (sunflower or safflower for cooking high temperatures, olive oil for salads, canola or corn oils) instead of solid fats (lard or shortening).
 - Reduce eating high calorie snack foods and desserts (cookies, cakes, ice cream).
- Find good recipes that work for you.
 - Look through diabetes magazines or ask your healthcare team.
 - Look at bookstores, order a magazine, or look online (internet) for cookbooks or diabetes magazines with recipes.
 - Examples:
 - *American Diabetes Association* - <http://www.diabetes.org/food-and-fitness/>
 - *Tasty Recipes for People with Diabetes and Their Families (CDC)* - http://www.cdc.gov/diabetes/ndep/cdcinfo/ndep_pdf/tasty-recipes-508.pdf
 - *Diabetes Forecast*® (magazine subscription) - <http://www.diabetesforecast.org/>





Exercising

Check one:

I am **DOING WELL**

I want to **DO BETTER**

- Exercise lowers your sugar levels and can help you lose weight.
- Talk with one of your healthcare team about exercise and a possible physical therapy referral.
- Be safe and start slowly.
 - Drink water before and after you exercise.
 - Warm up and cool down for 5 to 10 minutes before and after exercising.
 - Test your blood sugar before and after exercise.
 - Watch for signs of hypoglycemia (**low** blood sugar).
 - **If blood sugar level is below 70 do not exercise.**
 - May need to eat an extra carbohydrate before exercising.
 - Glucose pills or hard candy (avoid if at risk for choking) should be handy when exercising.
 - Watch for signs of hyperglycemia (**high** blood sugar).
 - May happen with vigorous exercises.
 - **If blood sugar level is above 240 do not exercise.**
 - Check feet for redness or sores after exercising.
- Wear a medical alert bracelet or medical card in wallet.

Types of Exercise

1. *Aerobic exercise* helps your body **use insulin better**.
 - Examples: Brisk walking, bicycling or stationary bike, dancing, low-impact aerobics, swimming, stair climbing, or moderate-to-heavy gardening.
 - Start slow (5 to 10 minutes a day and increase a few minutes every week).
 - Try to reach 30 minutes of moderate to vigorous exercise at least 5 days a week.
 - Moderate means you can still talk but not sing.
 - Vigorous means you can't say more than a few words.
2. *Strength training* makes your body more **receptive to insulin and can lower blood sugar**.
 - Examples: Lifting weights or light cans or water bottles, resistance bands, or exercises using your body to work the muscles (push-ups, sit ups, etc.).
 - Builds and maintains strong muscles and bones – muscles burn sugar when body is at rest.
 - Try to do these exercises 2 to 3 days a week in addition to the aerobic exercises.

There are many exercises for people with limitations or who are in bed or in a wheelchair – talk with your nurse, therapist, or doctor.

- Examples: Arm stretches, lifting light weights, leg stretches, leg raises, marching in place using cane or walker, sit-to-stand, heel raises, chair yoga, etc.



Handling Problems

Check one:

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LOW Blood Sugar: Signs, Causes & Treatment



Low Blood Sugar Signs	Low Blood Sugar Causes	Low Blood Sugar Treatment
<ul style="list-style-type: none"> • Shakiness • Sweaty • Hunger • Anxiety • Nervous • Confusion • Acting angry or irritable • Slurred speech • Headache 	<ul style="list-style-type: none"> • Too little food • Too much medicine • More activity than usual • Too long between meals & snacks • Alcohol 	<ul style="list-style-type: none"> • 3-4 glucose tablets • ½ cup juice • ½ cup sugared soft drink • 1 tablespoon honey • 4 sugar packets • 3-4 hard candies (unless at risk for choking) • 3 graham crackers • 2 tablespoons raisins • 1 cup skim or low fat milk

HIGH Blood Sugar: Signs, Causes & Treatment



High Blood Sugar Signs	High Blood Sugar Causes	High Blood Sugar Treatment
<ul style="list-style-type: none"> • Thirst • Hunger • Frequent urination • Fatigue • Nausea • Blurred vision • Headache • Confusion 	<ul style="list-style-type: none"> • Too much food • Too little exercise • Too little medication • Stress • Illness • Injury • Short time between meals and snacks 	<ul style="list-style-type: none"> • Exercise unless sugar is above 240 • Adjust food intake • Work with doctor to adjust your medicine

What to Do if You are Sick

- Check sugar levels every 4 to 6 hours while sick.
 - May be high because the body produces hormones that raise blood sugar levels when you are sick.
- Take your diabetes medications and try to eat simple carbohydrates on a sick day.
 - If you have to skip a diabetes medicine do **NOT** double up on the next dose.
- Call one of your healthcare team if:
 - Sick or have a fever for a couple of days and are not getting better.

- o Vomiting or have diarrhea for more than 6 hours.
- o Sugar levels are higher than 240 even with extra **diabetes medication**.
- o Sugar levels are higher than 240 before meals and stays there for more than 24 hours if on **pills**, not insulin.
- o Symptoms that might be dehydration or any other serious condition.
- o Not sure you can take care of yourself.
- Create a sick day plan that includes:
 - o List of phone numbers to call (nurse, doctor, family, 911).
 - o List of current medications.
 - o Doctor's order for extra insulin or pills if sick (discuss with one of your healthcare team).
 - o List of foods to try to eat that are bland but still have enough calories for medicine to work on.
 - o Supply of foods and fluids to drink to stay hydrated – about 50 grams of carbohydrates every 3 to 4 hours.
 - Food examples: Regular (non-diet) Jello, crackers, soups, applesauce.
 - Fluid examples: Regular (non-diet) soft drinks, low-sodium broth, clear juices, frozen juice bars, sherbet, pudding, creamed soups, and fruit-flavored yogurt.
 - o Always check over-the-counter medications for sugar content (such as cough syrups).

Check one:

I am **DOING WELL**

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Preventing Diabetes-Related Problems



- **Eye problems** like glaucoma, cataracts, retinopathy, and blindness
 - See eye doctor **every year** for dilated eye exam.
 - Keep blood pressure under control.
 - **Stop using tobacco.**
 - Call your doctor if you have **sudden** vision changes.



- **Foot complications** like nerve damage, cracking of skin, calluses, foot ulcers, poor blood circulation in legs, and amputation of toes, foot, or leg
 - Always wear cotton socks to absorb moisture.
 - Wear **good fitting shoes** that do not rub or wear specially made shoes.
 - Ask your healthcare team if you would qualify for diabetic shoes or insoles each year.
 - Dry feet well after bath especially between the toes.
 - Don't put oils or creams in between toes – just dry them well.
 - Use unscented hand cream on heels and balls of feet only.
 - Don't soak your feet for a long time.
 - **See doctor (podiatrist) to cut toenails, calluses, or corns.**
 - **NEVER** do this yourself.
 - Do not go to nail salon or spa for pedicure.
 - Use a pumice stone after every bath when feet are wet to keep calluses controlled, then apply creams.
 - **Check feet every day** and after exercising for redness, open areas, etc., especially under the big toe and bottom of foot.
 - Use a mirror placed on the floor to see the bottom of your feet.
 - **Call** one of your healthcare team if you see an open area and follow instructions to try to prevent an infection.
 - Keep off feet as much as possible if you have an ulcer/sore.
 - **Stop using tobacco** to improve blood flow in your legs.



- **Skin infections** including styes, boils, hair follicle irritation, deep skin infections, and infections around the nails.
 - Practice good skin care including:
 - Keep skin clean and dry.
 - Wash with mild soap.
 - Apply skin creams after bath.
 - Use mild shampoos.
 - Look for open areas or rashes and report right away.
 - Call one of your healthcare team if you think you have an infection.
 - Infection signs include **fever, redness, swelling, drainage, or pain.**

- o Keep open wounds clean and with dressings as ordered – watch for signs and symptoms of infection.



- **High blood pressure** is more common in people with diabetes.
 - o **Check blood pressure** regularly at doctor's office, pharmacy, local store, or by one of your healthcare team.
 - o Keep track of your blood pressure in a notebook or a card.
 - o **Take medications as ordered.**
 - o Lose weight (if overweight), eat less salt, avoid alcohol and tobacco, and exercise regularly.
 - o Learn more about managing your blood pressure from one of your healthcare team.



- **Heart attacks and strokes** are 2-4 times more common and are the #1 cause of death for adults with diabetes.
 - o Talk with your doctor and ask if you should be on preventative **aspirin**.
 - o Keep **blood pressure** under control – have it checked often.
 - o Find out what your **cholesterol** level is and what you can do to make it better.
 - o Learn how to stop **smoking** and/or avoid being around secondhand smoke.



- **Kidney problems** result from high blood sugar levels and may lead to a need for dialysis.
 - o **See doctor regularly** and have **blood work** done to check your kidney function.
 - o Keep blood pressure controlled by taking your medication which will also help your kidneys.
 - o Work on controlling blood sugar with healthier foods, exercise, and medicines.



- **Stress or depression** is common for people trying to manage their diabetes.
 - o Be alert for feelings of anger or depression when trying to keep your sugar levels stable or if you deny that you even have diabetes.
 - o Let one of your healthcare team know if your sadness does not go away in a week or two – this can happen with chronic diseases such as diabetes.
 - o See your doctor and be open about how you are feeling and get the help you need.
 - o Try some stress reducing activities such as: slow breathing, relax each part of your body slowly, exercise, or replace bad thoughts with good thoughts.

Resources for the workbook are from:

- *American Diabetes Association* – <http://www.diabetes.org>
- *American Diabetes Association Standards of Medical Care in Diabetes - 2016* – <http://care.diabetesjournals.org/site/misc/2016-Standards-of-Care.pdf>
- *National Diabetes Information Clearinghouse (NDIC)* – <http://www.diabetes.niddk.nih.gov/dm/pubs/type1and2/index.aspx>
- *MayoClinic* – <http://www.mayoclinic.com/health/diabetes-treatment/DA00089>
- *Drugs.com* – <http://www.drugs.com/sfx/insulin-side-effects.html>

My Diabetes Care Record

Check one:
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 I want to DO BETTER

A1C (special blood sugar) My Goal: _____ % <ul style="list-style-type: none"> • Check every 3 months • Usual goal: less than 7% 					
Date:					
My A1C:					
Blood Pressure (BP) My Goal: _____ / _____ <ul style="list-style-type: none"> • Check at each home visit and doctor appointment • Usual goal: Systolic (top number) less than 140 and diastolic (lower number) less than 90 • Talk with one of your healthcare team for your goal 					
Date:					
My BP:					
Weight: Check at each doctor appointment or at home. My Goal: _____ lbs					
Date:					
My Weight:					
Dental Exam: At least 2 times per year					
Date:					
Do each of the following at least 1 time per year	Date	Results			
Cholesterol Blood Test					
Dilated Eye Exam					
Complete Foot Exam					
Kidney Check (blood work and urine test)					
Flu Shot					
Pneumonia Shot (1-2 shots depending on your age and health)					



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