

TAKE 5
TO CARE 4 YOURSELF

KNOW YOUR NUMBERS

A personalized diabetes care plan can help get you to your goal and keep you there.



Be an active participant in your diabetes care

You are the most important member of your diabetes care team. Take an active role on your team so you can make sure your plan works for you.

A1C and daily blood glucose (blood sugar) levels

- The A1C test reflects your blood glucose levels over approximately 3 months. Have your A1C checked at least 2 to 4 times a year
- Your diabetes care team will set a goal just for you. Together, you will decide how often you should check your blood glucose each day
- Blood glucose goals for many nonpregnant adults with diabetes are as follows:

Goals for many nonpregnant adults with diabetes	
Blood glucose before meals	80-130 mg/dL
Blood glucose 1-2 hours after the start of a meal	Less than 180 mg/dL
A1C	Less than 7%

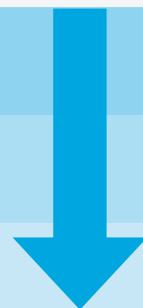
Your goals are set just for you

Like your diabetes care plan, your goals are just for you. The goals shown here are recommended by the American Diabetes Association for many nonpregnant adults with diabetes. Talk to your diabetes care team about your personal goals.

How A1C relates to the estimated average blood glucose level

A1C Levels	Average Blood Glucose (Blood Sugar)
12%	298 mg/dL
11%	269 mg/dL
10%	240 mg/dL
9%	212 mg/dL
8%	183 mg/dL
7%	154 mg/dL
6%	126 mg/dL
5%	97 mg/dL

The American Diabetes Association recommends an A1C of less than 7% for many nonpregnant adults without significant hypoglycemia (low blood glucose).



Adapted from the American Diabetes Association. Standards of medical care in diabetes—2021. *Diabetes Care*. 2021 Jan;44(suppl1):S1-S232.



KNOW YOUR NUMBERS

Diabetes Care Checklist

Diabetes cannot yet be cured. But it can be managed. One part of managing your diabetes is knowing your numbers. Fill in your numbers on this checklist.

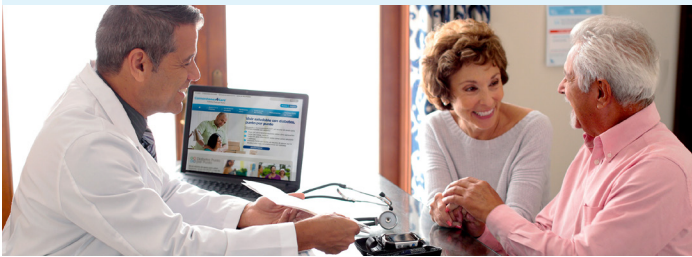


A1C and daily blood glucose levels

Blood glucose before meals: _____

Blood glucose 1-2 hours after the start of a meal: _____

A1C: _____



AT LEAST

Once a Year

Cholesterol

- At least once a year, or as often as directed by your doctor, have your blood cholesterol checked
- Talk with your diabetes care team about your cholesterol numbers and to set your goals

Your cholesterol goals

HDL: _____

Triglycerides: _____

LDL: _____

Blood pressure

Every Doctor Visit

- Every time you visit the doctor, get your blood pressure checked
- Goal is less than 140/90 mmHg for most patients with diabetes and hypertension at lower risk for cardiovascular disease. Patients with diabetes and hypertension who are at higher cardiovascular risk may have a goal of less than 130/80 mmHg

Your blood pressure goal: _____



Eye exam

Once a Year

- Once a year, or as often as directed by your doctor, get a dilated and complete eye exam by an eye care specialist
- Make sure your exam results are sent to your diabetes care team. They should be part of your medical record
- Call your eye care specialist or diabetes care team right away if you notice any change in your vision

Date of your next eye exam: _____





Feet

AS OFTEN
As Your
Team
RECOMMENDS

- At least once a year, get a complete foot exam by your doctor. Get a complete exam during every visit if you have problems with your feet, like loss of feeling, changes in the shape of your feet, or sores (foot ulcers)
- At home:
 - Inspect your feet every day for cuts, blisters, cracks, swelling, and dry skin
 - Tell your doctor about any injury that does not heal
 - Wear shoes and socks that fit well. Do not go barefoot

Date of your next complete foot exam: _____



Dental exam

Twice a
Year

- See your dentist twice a year for cleanings and to check the health of your teeth and gums

Date of your next dental exam: _____



Immunizations

- Get a flu shot once a year
- Ask your diabetes care team if you need shots for pneumonia or hepatitis B, as well as COVID-19 and routine shots recommended for your age group

Date of your next Immunizations: _____



Kidneys

AT LEAST
Once a
Year

- At least once a year, have your urine and blood tested
- Keep your blood glucose levels and blood pressure as close to your goal as possible

Date of your next kidney exam: _____

Quit smoking

- It is really important to stop smoking if you have diabetes
- Here are some steps to help:
 - Decide on a quit date (choose a time when you won't be too stressed)
 - Reward yourself for every successful nonsmoking day
- For free help, call 1-800-QUIT-NOW (1-800-784-8669) or visit smokefree.gov

Your quit date: _____



KNOW YOUR NUMBERS

Diabetes care plan

Ask questions about your diabetes care plan, and make sure you know what steps you need to take. Check the boxes below when you complete each step of your plan.

- A plan for how and when to check your blood glucose
- A plan for when to take your diabetes medicines
- A schedule for regular health check-ups
- Ways to deal with stress
- A physical activity plan
- A meal plan
- A plan for meeting other health goals (such as managing blood pressure and cholesterol)

NOTES:



For more information about tracking your diabetes and what the numbers mean, ask your diabetes care team for a free copy of the **Cornerstones4Care®** booklet, **Staying on track**, or call 1-800-727-6500 Monday to Friday from 8:30AM to 6:00PM EST.

Visit **Cornerstones4Care.com** for additional resources and to register for a FREE diabetes support program! Point your smartphone camera at the QR code for quick access to the website on your phone.

- Eating
- Moving
- Treating
- Staying on Track



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