

# My Health Manager

## Reduce YOUR Risk With These Important Tests

My Tests	Healthy Targets	My Targets	My Results Date	My Results Date	My Results Date	My Results Date
<b>Blood Glucose Test</b> (daily)	Before Meals: 70-130 mg/dL After Meals: < 180 mg/dL		_____	_____	_____	_____
<b>A1C Blood Test</b> (every 3-6 months)	<7%		_____	_____	_____	_____
<b>Blood Pressure</b> (every visit)	<130/80		_____	_____	_____	_____
<b>Total Cholesterol</b> (once a year)	<200 mg/dL		_____	_____	_____	_____
<b>LDL Cholesterol</b> 😞 (once a year)	Without Heart Disease: <100 mg/dL With Heart Disease: <70 mg/dL		_____	_____	_____	_____
<b>HDL Cholesterol</b> 😊 (once a year)	Men: >40 mg/dL Women: >50 mg/dL		_____	_____	_____	_____
<b>Triglycerides</b> (once a year)	<150 mg/dL		_____	_____	_____	_____
<b>Body Mass Index</b> (every visit)	<25		_____	_____	_____	_____
<b>Feet Checks</b> (daily)	Check tops, bottoms and between toes		_____	_____	_____	_____
<b>Microalbuminuria</b> (kidney test) (once a year)	<30		_____	_____	_____	_____

## ✓ Schedule These Exams Once a Year

	Date
Complete Foot Exam	
Dilated Eye Exam	
Dental Exam (every 6-12 months)	
Serum Creatinine	
Flu Shot	

Targets are set by the American Diabetes Association Standards of Medical Care 2009. Talk with your diabetes team about your individual targets.

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