

### A1C Test (Blood Sugar Control)



Get tested two times each year.

Best score is under 7

DATE	RESULTS/RESPONSE

### Blood Pressure Control



Get tested every visit.

Best Score is 129/79 or below.

DATE	RESULTS/RESPONSE

ASA – Over 40    Unable

#### Cholesterol Test (LDL)



Get tested once a year.

Best score is under 100.

#### Kidneys (Microalbumin Test)



Get tested once a year.


Best score is under 30.

DATE	RESULTS	DATE	RESULTS

Statin-Over 40    Unable

ACEI- Over 55    Unable

**Each year, have feet and eyes checked & get your flu shot.**

Foot exam			Stop Smoking  1-800-662-8887
Eye exam			
Flu Shot	Oct-Nov		
Pneumovax		Smoker Y N	

### Diet and Exercise



Self Care Goals


## My Diabetes Information

Bring this card with you to the hospital and to all appointments with your doctor.

**Name:**

**Medical Record #:**

**Emergency Contact**

Name:

Phone:

**Medical Provider:**



CONTRA COSTA  
HEALTH SERVICES

**Richmond Health Center**

100 38<sup>th</sup> St, Richmond, CA 94805

Ph: 510-231-1200

Fax: 510-231-1201

## MEDICATIONS

Name	Dose	Instructions	For
------	------	--------------	-----

*Images provided by Lumetra.*