

Diabetes Care Schedule

Care Item	Frequency	Target
A1C	Every 3 mos.	Under 7%
Blood pressure	Every visit	Under 130/80 mmHg
LDL cholesterol*	Yearly	Under 100 mg/dL (With heart disease: under 70 mg/dL)
HDL cholesterol	Yearly	Over 40 mg/dL
Triglyceride	Yearly	Under 150 mg/dL
Albumin/ creatinine ratio (urine protein)	Yearly	Under 30 mg/g Cr
Visual foot exam	Every 3 mos.	Normal
Complete foot exam	Yearly	Normal
Retinal eye exam	Yearly	Normal
Dental exam	Every 6 mos.	Normal
Tobacco use	Every visit	No tobacco use
Body mass index (BMI)	Every visit	Under 25
Waist circumference	Every 3–6 mos.	Women: under 35" Men: under 40"
Treatment plan review	Every 3 mos.	Completed
Diabetes education	Yearly	Completed
Flu vaccine	Yearly	Completed
Pneumonia vaccine	Starting at age 65	Completed

*If you are taking medication to lower your LDL, a drop of at least 30% is best to help reduce your risk of heart disease—no matter what your LDL level is.