

HEALTH TARGETS

These charts will help you determine which tests and screenings are important, when to get them, and what targets you should shoot for to help avoid diabetes complications. Print out the charts and fill them in with your latest results.

Tests for Adults With Diabetes

A1C (or eAG)

Why: A measure of your average blood glucose level over the past two to three months, shown as a percentage of glycosylated hemoglobin in the blood. A too-high A1C can indicate uncontrolled diabetes and raise a person's risk for complications. Your doctor may also report the findings as the blood glucose value for a given A1C, which is known as estimated average glucose, or eAG.

Target: A1C: Less than 7 percent. eAG: Less than 154 mg/dl. Your health care provider may set a higher or lower goal based on your needs.

How Often: Twice-a-year blood test if you're meeting treatment goals. Every three months if your treatment has changed or you're not hitting your blood glucose targets.

Date of Last Test

Test Result

Blood Pressure

Why: High blood pressure is linked to heart disease, heart failure, stroke, and kidney disease.

Target: Less than or equal to 140/80 mmHg

How Often: At every visit, a health care provider should check blood pressure by wrapping a person's bicep in an inflatable cuff.

Date of Last Test

Test Result

LDL Cholesterol

Why: LDL ("bad") cholesterol can stick to artery walls, leading to narrowed arteries and atherosclerosis, forms of coronary artery disease. When LDL cholesterol is too high, it can raise your risk for having a heart attack and stroke.

Target: Less than 100 mg/dl. Under 70 mg/dl for people with cardiovascular disease.

How Often: Once-a-year fasting blood test that measures lipids, including HDL cholesterol and triglycerides

Date of Last Test

Test Result

HDL Cholesterol

Why: HDL ("good") cholesterol protects against heart attacks.

Target: Greater than 40 mg/dl for men and greater than 50 mg/dl for women

How Often: Once-a-year fasting blood test that measures lipids, including LDL cholesterol and triglycerides

Date of Last Test

Test Result

Triglycerides

Why: High levels of triglycerides, a type of fat in the blood, are linked to coronary artery disease.

Target: Less than 150 mg/dl

How Often: Once-a-year fasting blood test that measures lipids, including HDL and LDL cholesterol

Date of Last Test

Test Result



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Urine Albumin-to-Creatinine Ratio

Why: To screen and monitor the progression of nephropathy (kidney disease)

Target: Less than 30 mg/g

How Often: Once-a-year urine test for everyone with type 2 diabetes and for people who have had type 1 diabetes for five years or more

Date of Last Test

Test Result

Serum Creatinine/eGFR

Why: To screen for and monitor the progression of nephropathy (kidney disease)

Target: Greater than 60 ml/min/1.73 m²

How Often: Once-a-year blood test

Date of Last Test

Test Result

Ankle-Brachial Index

Why: A screening for people over 50 or those younger than 50 with risk factors for peripheral arterial disease (PAD), a narrowing of arteries in the limbs that reduces circulation and can up amputation risk

Target: Ankle-brachial index (ABI) between 0.91 and 1.3, measured by comparing the blood pressure in your arm with that of your ankle

How Often: Every five years if your tests are normal for a few years. Your health care provider may test more often depending on your risk factors for PAD, including high blood glucose and blood pressure.

Date of Last Test

Test Result

Nerve Function

Why: To screen for neuropathy (nerve damage)

How Often: For everyone with type 2 or for people who have had type 1 for five years or more, an annual test that measures a person's sensitivity to vibrations or touch

Date of Last Test

Test Result

Dilated Eye Exam

Why: To screen for and monitor the progression of eye diseases such as retinopathy, cataracts, and glaucoma

How Often: Once a year. Your eye care provider may say you need a dilated eye exam every two years if you've had normal results for a couple of years.

Date of Last Test

Test Result

Body Mass Index (BMI)

Why: BMI, a ratio of weight to height, can indicate overweight and obesity. Extra weight can lead to a variety of health conditions including diabetes and heart disease.

Target: Between 18.5 and 24.9

Date of Last Test

Test Result