



MARTIN'S POINT®
HEALTH CARE

Diabetes Management Tracker

*Use this wallet
tracker to keep your
yearly diabetes care
organized.*

Name: _____

Birthdate: ____/____/____

*Martin's Point Health Care
complies with applicable
Federal civil rights laws and
does not discriminate on the
basis of race, color, national
origin, age, disability, or sex.*

Hemoglobin A1c

A1c is the best test that measures your average blood sugar over the past 3 months. For most people an A1c of 7 and under is the goal but this can vary based on age and health conditions. Make sure to discuss your A1c goal with your doctor. Higher A1c levels are associated with diabetes complications like stroke, and diseases of the heart, kidney, and eye. It is recommended to test your A1c twice a year if you are meeting your A1c goal and more often if you are not.

1

A1c Date: ____/____/____

A1c Value: _____

2

A1c Date: ____/____/____

A1c Value: _____

3

A1c Date: ____/____/____

A1c Value: _____

Kidney Health

Monitoring for the presence and progression of kidney disease is a part of diabetes management. **If appropriate**, a urine test called urine albumin creatinine ratio (uACR) and a blood test called estimated glomerular filtration rate (eGFR) are performed at least annually to monitor your kidneys.

uACR Date: ___/___/_____

eGFR Date: ___/___/_____

Your provider may order more lab tests as needed.

Eye Health

Having diabetes puts you at risk of diabetic retinopathy that can cause vision loss or even blindness. It is encouraged that you have an annual diabetic dilated-eye exam to monitor for signs of damage or disease.

Eye Exam Date:

___/___/_____

We're here to help. To speak with a Martin's Point nurse care manager for free support and education for the management of your diabetes, please call 1-877-659-2403.

Physical Exam

A physical exam should be performed once a year, this should include a **foot examination and any immunizations** you are due for.

Your doctor may schedule additional visits throughout the year for the management of your diabetes.

Physical Exam Date:

___/___/_____

Visit our diabetes webpage to learn more ways to control your diabetes and find resources to support your best health.

MartinsPoint.org/DiabetesCare

Let us know how we can best support you in your diabetes management.

MartinsPoint.org/DiabetesSurvey