

# 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.

[MARTINSPPOINT.ORG/DIABETES CARE](https://MARTINSPPOINT.ORG/DIABETES CARE)

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

[MARTINSPPOINT.ORG/DIABETES SURVEY](https://MARTINSPPOINT.ORG/DIABETES SURVEY)