

# Guidelines of Care for People with Diabetes

Taken from *American Diabetes Association 2021 Standards of Care*



## Daily

**Foot self-inspection:** Inspect your feet for signs of redness, small cuts, or abrasions; numbness; warmth; swelling; or calluses, which can be early warning signs of conditions that can lead to serious foot problems.

Do you notice any changes in your feet?  
**Yes:** Notify your doctor  
**No:** Continue daily checks

## Two to four times a year

**A1C:** This blood test measures blood glucose (sugar) control over the past 90 days. The closer your A1C is that of people who don't have diabetes, the less chance you have of damage to your heart, eyes, kidneys, and blood vessels. A1C should be tested two to four times a year, depending on how well your blood glucose is managed and/or if you've had a recent change in your diabetes medications. The A1C goal for most adults with diabetes is less than 7%.

A1C: \_\_\_\_\_ Date: \_\_\_\_\_

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**Dental exam:** When you have diabetes, you're at higher risk for both gingivitis (early-stage gum disease) and periodontitis (advanced gum disease). It's important to see your dentist at least twice a year. You may qualify to receive additional visits and cleanings to support your oral health. Please contact the number on the back of your HMSA membership card or check your benefits at [hmsa.com/myaccount](https://hmsa.com/myaccount).

Last visit:  
\_\_\_\_\_

Next visit:  
\_\_\_\_\_

## At every doctor's visit

**Blood pressure:** High blood pressure (hypertension) can lead to a heart attack, worsening heart failure, stroke, or kidney failure. Both the American Heart Association and the American Diabetes Association recommend blood pressure of less than 130/80 for people with diabetes. Make sure that you have your blood pressure checked at every visit and talk with your doctor about how to reach your blood pressure goals.

BP: \_\_\_\_\_ Date: \_\_\_\_\_

BP: \_\_\_\_\_ Date: \_\_\_\_\_

BP: \_\_\_\_\_ Date: \_\_\_\_\_

BP: \_\_\_\_\_ Date: \_\_\_\_\_

**Foot inspection:** People with diabetes should have their feet inspected by their doctor during each visit.

Date of last foot inspection:  
\_\_\_\_\_



## Annually

**Diabetes eye exam:** People who have diabetes should have a diabetes eye exam every one to two years done by an eye doctor who takes care of people with diabetes. This is a special eye exam that isn't the same as having your vision checked for glasses. It's important to detect changes early and treat the changes in your eyes to prevent blindness.

My last eye exam: \_\_\_\_\_

My next eye exam: \_\_\_\_\_

**Fasting lipid profile:** High levels of lipids (fats) in the blood can lead to heart attack and stroke. People with diabetes are at a higher risk for heart attack and stroke than those without diabetes. Lipid profile tests should be done at least once a year so that you and your doctor can monitor your levels and develop a plan to reduce your risk.

Date: \_\_\_\_\_

Total cholesterol: \_\_\_\_\_

LDL: \_\_\_\_\_

HDL: \_\_\_\_\_

Triglycerides: \_\_\_\_\_

**Chronic kidney disease:** At least annually, you should have a urine protein/microalbumin test and an estimated glomerular filtration rate (eGFR) test if you have type 2 diabetes or if you have had type 1 diabetes for more than five years. Measuring your urinary protein will give you and your doctor information about the health of your kidneys and blood vessels.

Last microalbumin: \_\_\_\_\_

Last eGFR: \_\_\_\_\_

**Foot examination:** You should also have a complete sensory foot exam done by your doctor every year.

Date completed: \_\_\_\_\_

**Flu vaccine:** Flu season peaks from late December through early March. Getting the flu vaccine annually has been found to lower the chances of getting the flu. For people over 65, it may be beneficial to get the high-dose flu shot.

Last flu shot: \_\_\_\_\_

## Discuss with your doctor

**Pneumonia vaccine:** All adults ages 65 and older need to be vaccinated. Anyone between ages 2 and 64 who has a chronic illness should be vaccinated once. Those over 65 may benefit from getting a booster and should discuss this with their doctor.

Last pneumonia vaccine shot: \_\_\_\_\_

**Smoking cessation:** People with diabetes who smoke have a higher risk of cardiovascular disease, worse blood sugar control, and premature death. It's recommended not to use cigarettes and other tobacco products or e-cigarettes.