

Diabetes Testing and Management Schedule



Scan to find the schedule online.

At Every Doctor's Visit (usually four times per year)

TEST	DATE	RESULT	DATE	RESULT	DATE	RESULT	DATE	RESULT
A1C (goal is lower than 7)								
Blood pressure (goal is lower than 130/80)								
Foot check								

Twice a Year

TEST	DATE	DATE
Dental cleaning and exam		

Yearly (on anniversary of last test)

TEST	LAST YEAR'S DATE	LAST YEAR'S RESULT	THIS YEAR'S DATE	THIS YEAR'S RESULT
Microalbumin urine test (for kidney function)				
Eye exam (with dilation)				
LDL cholesterol*				
HDL cholesterol**				
Triglycerides***				
Foot exam (from a podiatrist)				
Flu shot				

*goal is lower than 100 mg/dl or lower than 70 mg/dl if you have known cardiovascular disease

**goal is higher than 40 mg/dl for men and higher than 50 mg/dl for women

***goal is lower than 150 mg/dl