

Staying in Control: Putting the Pieces Together

You can stay healthy when you have diabetes if you control the pieces of the puzzle. Make sure you have the necessary tests and know the targets for these tests. Work with your doctor and health care team to keep each piece under control.



*Aspirin use is recommended if you have heart disease or stroke.

Always check with your health care provider before starting aspirin use.

**Talk with your health care provider about taking a statin medicine.



Allina Health

	Your Goal	Your Results	In Control
A1c	7% or less	_____	<input type="checkbox"/>
Statin	Yes**	Y/N	<input type="checkbox"/>
BP	130/80 or less	_____	<input type="checkbox"/>
Aspirin	daily*	Y/N	<input type="checkbox"/>
Tobacco Use	No	Y/N	<input type="checkbox"/>
Eye Exam	annually	Y/N	<input type="checkbox"/>
Kidney Test	annually	_____	<input type="checkbox"/>
Diabetes Education	annually if A1c > 8%	Y/N	<input type="checkbox"/>

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**Talk with your health care provider about taking a statin medicine.

Appointment

Provider: _____

Date: _____ Time: _____

Diabetes Specialist (nurse or dietitian):

Date: _____ Time: _____

Notes: _____



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