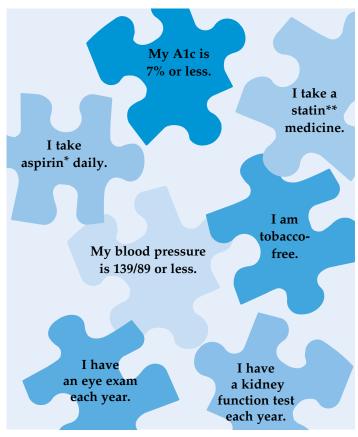
## Staying in Control: Putting the Pieces Together

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.



<sup>\*</sup>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.





	Your Goal	Your Results	In Control
A1c	7% or less		
Statin	Yes**	Y/N	
BP	139/89 or less		
Aspirin	daily*	Y/N	
Tobacco Use	No	Y/N	
Eye Exam	annually	Y/N	
Kidney Test	annually		
Diabetes Education	annually if A1c > 8%	Y/N	
*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.			
Appointment			
☐ Provider:			
Date:		Time:	
☐ Diabetes specialist (nurse or dietitian):			
Date:		Time:	
Notes:			

