

Here is a quick checklist of Diabetes-related screening tests and treatment goals that you can use as a reference.

Table 5: Quick Diabetes Checklist

Weight	Every visit	Healthy range
Blood Pressure	Every visit	Under 130/80
Foot Exam	At least every 3-6 months	Prevent foot problems
Review of Glucose Logbook	Every visit	Individualized goal with your Diabetes care team
HbA1c	Every 3-6 months	Under 7.0%
Dental Exam	Every 6 months	Prevent gum disease
Microalbumin (Urine test)	Yearly	Under 30 mcg/mg
Creatinine (Kidney function blood test)	Every 6-12 months	Normal range
Lipid Profile Total Cholesterol HDL (good) LDL (bad) Triglycerides	Every 6-12 months	Under 200 Under 40 (Men) & Under 50 (Women) Under 100 Under 150
ABI's	Discuss with provider	Normal
Dilated Eye Exam	Yearly	Prevent vision loss and blindness
Flu Shot	Yearly	Prevent Influenza
Pneumonia Vaccine	Discuss with provider	Prevent Pneumonia