



# Patient Health Tracker

The Health Tracker helps you and your care team work together to manage your diabetes.

1

## Taking Medications as directed

Taking your medication as directed is important. It helps lower health risks and the chance of a hospital stay. This means less cost to you! Contact us before stopping or changing your medications.

Goal	Last Result/Date	This Visit
Taking all medications as prescribed? <ul style="list-style-type: none"> <li>Blood pressure</li> <li>Cholesterol</li> <li>Diabetes</li> </ul>		
Statin use recommended Did I take my statin today?		
BP less than 130/80		
A1C level <7.0, but your clinician will help set your individual goal		
uACR test and eGFR test Once yearly		

2

## Lower Cholesterol (Statin Use)

LDL or “bad” cholesterol can build up and clog your blood vessels leading to heart attack or stroke. Ask your doctor about using a statin.

3

## Control Blood Pressure

High blood pressure makes your heart work too hard. It can cause heart attack, stroke, or kidney disease.

4

## Maintain Blood Sugar

Higher A1C levels may lead to diabetic issues. Reaching and maintaining your A1C is important.

5

## Kidney Health

The only way to know if you have diabetic kidney disease is to get your kidneys checked. Your doctor will check your urine and do a blood test to see how well your kidney is filtering your blood.

6

### Eye Health

Diabetes can damage blood vessels in the eye (diabetic retinopathy), cloudy vision (cataracts), and can be associated with glaucoma.

Diabetic Eye Exam Once Yearly (Every other year if no eye disease)

7

### Foot Examination

Regular foot exams reduce the risk of ulcer and amputation.

Yearly foot health examination

8

### Immunization

Diabetes can affect your body's ability to fight infection. Be sure to stay up to date on immunizations.

Keep Pneumonia, Influenza, and Covid vaccines current

Immunization	Date
Pneumovax	
PCV20	
Influenza	
Covid 19	

## Lifestyle



Healthy Diet

- Yes
- No



Regular Exercise (150 minutes a week)

- Yes
- No



Referral made to Diabetic Education

- Yes
- No

My next visit is: \_\_\_\_\_

**Don't wait until your next appointment!** If you can't take your medications, or choose to take them differently contact your provider at <practice phone>.