









# Health Record

Speak with your health care provider about these health exams. Use this card to write down the results and keep it in your wallet.

## Basic health exams that people with diabetes require

 A1C	<b>A1C (every 3 months) Goal: &lt;6*</b>				
	Date				
	Result				
<b>Weight Body Mass Index</b>	<b>BMI (each visit) Goal: &lt;25</b>				
	Date				
	Result				
 Blood Pressure	<b>Blood Pressure Goal: 130/80 (each visit)</b>				
	Date				
	Result				
 Cholesterol HDL	<b>HDL "Good" (once a year) Goal: &gt;40</b>				
	Date				
	Result				
 Cholesterol LDL	<b>LDL "Bad" (once a year) Goal: &lt; 70</b>				
	Date				
	Result				
 Protein in Urine	<b>Protein in Urine Goal: &lt; 30 (once a year)</b>				
	Date				
	Result				
 Foot Exam	<b>Foot Exam (each visit)</b>				
	Date				
	Result				
 Special Eye Exam	<b>Special Eye Exam (once a year)</b>				
	Date				
	Result				
 Oral Exam	<b>Oral Exam (2 times a year)</b>				
	Date				
	Result				

## Desired Blood Sugar Levels \*SBDI

<b>Before Meal</b>	<b>1 Hour After Meal</b>
Less than 100 mg/dl*	Less than 140 mg/dl*



# Passport to Wellness

Santa Barbara Diabetes Initiative

Education Record			Weight Record	
Group	Series A Date	Series B Date	Date	Weight
1				
2				
3				
4				
5				
6				
7				
8				
Diabetes Educator				
Nutritionist / Registered Dietitian				

Name \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Date of Birth \_\_\_\_\_ Today's Date \_\_\_\_\_

Intake Complete \_\_\_\_\_ Initials  Authorization Complete \_\_\_\_\_ Initials

Height: \_\_\_\_\_ cm/in Weight: \_\_\_\_\_ Kg/lbs

Clinic: WS ES IV SDRI Other

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