

This list of items for good diabetes care is suggested by the American Diabetes Association (ADA). Take this card to your doctor and diabetes educator when you visit them every 3 months so that **YOU** can take charge of your diabetes.

TESTS (how often)	GOALS	DATE OF VISIT			
Hemoglobin A1C (every 3 months)					
Weight (every visit)					
Foot Exam (every visit)					
Blood Pressure (every visit)					
Cholesterol (once a year)	TOTAL				
	LDL				
	HDL				
Triglycerides (once a year)					
Microalbuminuria (once a year)					
Eye Exam (once a year)					
Dental Exam (once a year)					
Flu Shot (once a year)					

HAVE YOU REVIEWED:

Meal Plan				
Exercise Plan				
Blood Sugar Testing				
Low/High Blood Sugar				
Safety Check on Meter				
Aspirin Therapy				
Foot Care				
Drawing and Injecting Insulin				
Syringe Disposal				
Sick Day Management				
Stress Management				

BD Consumer Services Department 1.888.BDCARES
(1.888.232.2737) * Monday thru Friday, 9 am - 5 pm Eastern Time

*NOT FOR EMERGENCY OR MEDICAL INFORMATION

Visit our website at

www.bddiabetes.com/us

Concept by: Mary Jo Dudley, BSN, RN, CDE

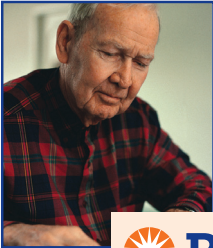
MEDICATION	DOSAGE	TIME

Allergies:

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- If I am acting strangely or cannot be awakened, my blood glucose may be low.
- If I can swallow and follow directions, give me 4 to 6 ounces of a sweetened soft drink, fruit juice or other sugar source. **Call a doctor or 911 right away.**
- If I do not recover within 10 to 15 minutes, repeat the above and **ensure** that I receive emergency care at the hospital or by a doctor.
- If I cannot be awakened or cannot swallow and follow directions, do not try to give me anything by mouth. Call a doctor and send me to a hospital **right away.**

I HAVE DIABETES



BD Getting Started™

Personal Diabetes Care Card



Helping all people
live healthy lives

PHONE NUMBERS

Name:		
Doctor:	()	
Diabetes Educator:	()	
Dietitian:	()	
Pharmacist:	()	
Foot Doctor:	()	
Eye Doctor:	()	
Dentist:	()	