

### Tips to help you stay healthy:

- ▶ Check your feet everyday. Call your doctor's office if you notice any cuts that won't heal.
- ▶ Aim for 30 minutes of physical activity most days of the week.
- ▶ Check your blood sugars regularly and keep a daily record.
- ▶ If you smoke, quit. Call the Quit For Life® Program at 1-800-462-5327.
- ▶ Stay up-to-date with your immunizations and screenings. A listing of Kaiser Permanente's

recommended preventive care schedules is available on our website or from the Kaiser Permanente Resource Line.

For more information and resources to help you manage your diabetes:

- ▶ Visit **our website** at [kp.org/wa](http://kp.org/wa) where you can access your medical record.
- ▶ Call the **Resource Line** toll-free at 1-800-992-2279.

PE3252700-01-18 Rev. Date 2018120  
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# Diabetes Recon

Name \_\_\_\_\_

Consumer ID # \_\_\_\_\_

Doctor \_\_\_\_\_

Nurse \_\_\_\_\_

Clinic phone numbers \_\_\_\_\_

For questions or concerns about your health after hours:

**Consulting Nurse Service 1-800-297-6877**

These tests and exams can help you stay in control of your diabetes and make better decisions about how you manage your condition. Talk to your doctor about the schedule and goals that are best for you and write them in the spaces provided.

Lab Tests ▶ Schedule	Date:	Date:	Date:	Date:	Date:	Date:	My Goals
	Result	Result	Result	Result	Result	Result	
HbA1C (Glycosylated hemoglobin) ▶ Every 6 months or _____							
Lipid Panel ▶ Every 2 years or _____ Total Cholesterol HDL LDL Triglycerides	Total:	Total:	Total:	Total:	Total:	Total:	Total:
	HDL:	HDL:	HDL:	HDL:	HDL:	HDL:	HDL:
	LDL:	LDL:	LDL:	LDL:	LDL:	LDL:	LDL:
	Trig:	Trig:	Trig:	Trig:	Trig:	Trig:	Trig:
Creatinine ▶ Every 12 months or _____							
Microalbumin ▶ Every 12 months or _____							
Exams							
Weight ▶ Every clinic visit							
Blood pressure ▶ Every clinic visit							
Retinal eye exam ▶ Every other year or _____							
Foot exam ▶ Every 12 months or _____							