Diabetes Care Card

CareFirst BlueCross BlueShield and CareFirst BlueChoice recommend the following guidelines to better manage diabetes. Take this card with you when you visit your doctor or diabetes educator so that you have a record of your diabetes control.

Tests (hour often)	Date			
Tests (how often)				
Enter test result or check (√) if	teste	d	
Hemoglobin A1 _c (at least twice/year) Goal is less than 7.0%				
Blood Pressure (every visit) 130/80 or less is recommended				
Cholesterol/LDL (yearly, less frequently if normal) Goal is less than 100 mg/dl				
Dilated Eye Exam (yearly)				
Dental Exam (twice/year)				
Foot Exam (every visit)				
Flu Shot (yearly)				
Pneumonia Shot (ask your doctor)				
Triglycerides (yearly)				
Urine test for Microalbumin (yearly)				
Weight (every visit)				

Diabetes Manageme (review with your doctor or diabetes educ		once/y	vear)
Exercise Plan			
Meal Plan			
Self-Monitoring of Blood Sugar			
Foot Care			
Sick Day Management			
Tobacco Use			
Stress Management			

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Drug Name	How Much	How Often

Dentist:	():ųJ	(
Eye Doctor:	БЪ:() :МЧ	(
Foot Doctor:	():tJ	(
Pharmacist:	():4A	(
Dietician:	():4A	(
Diabetes Educator:	():ųd	(
Doctor:	():ųJ	(

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I Have Diabetes

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

Consider Joining one of the following:

- **American Diabetes Association** * Type 1 and Type 2 Diabetes 1-800-DIABETES (1-800-342-2383) www.diabetes.org
- Juvenile Diabetes Research Foundation, Inc. ⋇ **Type 1 Diabetes** 1-800-JDF-CURE (1-800-533-2873) www.jdf.org