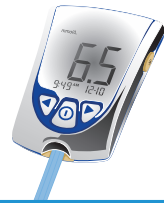


Know your numbers

Diabetes Care Checklist

Diabetes cannot yet be cured, but it can be managed. One part of managing your diabetes is knowing your numbers. Fill in your numbers on this checklist.

A1C and daily blood sugar levels



Your A1C and daily blood sugar goals¹

Blood sugar before meals:

Blood sugar 2 hours after the start of a meal:

A1C:

Blood pressure

- Every time you visit the doctor, get your blood pressure checked¹
- The goal is a blood pressure of less than 130/80 mm Hg for many adults with diabetes¹



EVERY DOCTOR VISIT Your blood pressure goal:

Heart disease

- Your healthcare provider may recommend drugs to decrease heart disease risk including: blood pressure pills (ACE inhibitors or ARBs), cholesterol-lowering pills (statins), medications that lower blood sugar with proven heart benefit, or ASA (acetylsalicylic acid)³
- Make sure you discuss any drugs that you are taking with your diabetes care team

Cholesterol

- At least once a year, have your blood cholesterol checked¹
- Below are the goals for many adults with diabetes¹

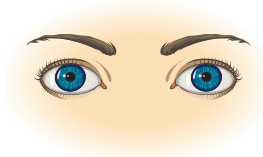
AT LEAST ONCE A YEAR Your cholesterol goal (LDL-C):

LDL-C <2.0 mmol/L or >50% reduction from baseline

For all who have diabetes, LDL-cholesterol (LDL-C) should be <2.0 mmol/L or a >50% reduction from their starting LDL-C.

Eye exam

- Get a dilated and complete eye exam by an eye care specialist.¹ Check with your healthcare provider on the recommended frequency
- Make sure your exam results are sent to your diabetes care team. They should be part of your medical record
- Call your eye care specialist or diabetes care team right away if you notice any change in your vision



ONCE A YEAR Date of your next eye exam:

Feet

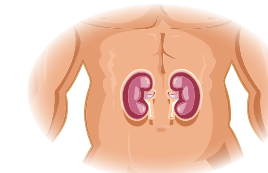
- Once a year, get a complete foot exam by your doctor¹
- Take your socks and shoes off during every office visit
- At home:
 - Check your feet every day for any sign of injury
 - Inspect your feet every day for cuts, blisters, cracks, swelling, and dry skin
 - Tell your doctor about any injury that does not heal
 - Wear shoes and socks that fit well. Do not go barefoot



ONCE A YEAR Date of your next complete foot exam:

Kidneys

- Once a year, have your urine and blood tested¹
- Keep your blood sugar levels and blood pressure as close to your goal as possible



ONCE A YEAR Date of your next kidney exam:

Dental exam

- Have a dental exam every 6 months¹



EVERY 6 MONTHS Date of your next dental exam:

Immunizations

- Get a flu shot once a year¹
- Ask your diabetes care team if you need shots for pneumonia or hepatitis B



Date of your next immunizations:

Quit smoking

- It is really important to stop smoking if you have diabetes¹
- Here are some steps to help:
 - Decide on a quit date (choose a time when you won't be too stressed)
 - Reward yourself for every successful non-smoking day
- For free help, call 1-866-366-3667 or visit <https://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/tips-help-someonequit-smoking/you-can-quit-smoking-we-can-help.html>



Your quit date: