

My Targets & Goals

To help you keep your diabetes under control, fill out the information below and share it with your healthcare provider.

My current A1c level is:

My goal for my A1c level is:

- Have an A1c of less than 7%
- Have an A1c between 7 to 7.5%
- Have an A1c between 7.5% to 8%
- Other: Have an A1c between ____% to ____%
- I need to talk with my provider about what my A1c should be and I plan to do this on: __/__/__

My goal for how often I will get A1c testing is:

- Get an A1c test every 4 months
- Get an A1c test every 6 months
- I will talk with my provider about how often I should get my A1c tested and I plan to do this on: __/__/__

What is important to me? (check all that apply)

- Being able to take care of my family
- Being able to start a family
- Being able to see clearly
- Helping my children grow up healthy
- Feeling my best
- Protecting myself from high & low blood sugars
- Being able to do the things I like despite my diabetes

Other things that are important to me:

Diabetes affects all parts of my life and my ability to do the things that are important to me!

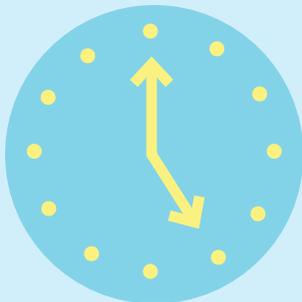
I will take care of my diabetes by doing these things:	I will begin this on:
Make an appointment to talk with my doctor about how I can take care of my diabetes	__/__/__
Get the most out of my provider visit. I will write down at least 2 questions and bring my blood sugar meter to my appointment	__/__/__
Test my blood sugar and write down my readings	__/__/__
Take my medications at the right time every day	__/__/__
Make and keep my appointments to get my eyes examined at least once every year	__/__/__
Go to the lab, or my provider's office, for my A1c test, in order to meet my goal for how often I will get A1c testing	__/__/__
Improve my food choices by using a plate method for each of my meals	__/__/__
Ask my Care Manager to help me find ways to improve my food choices	__/__/__
Talk to my Care Manager about how I can make taking care of my diabetes easier	__/__/__
Other things that I would like to work on:	
	__/__/__
	__/__/__
	__/__/__

What is an A1c test?

The A1c test gives you information on how your blood sugar control has been for the past 3 months.



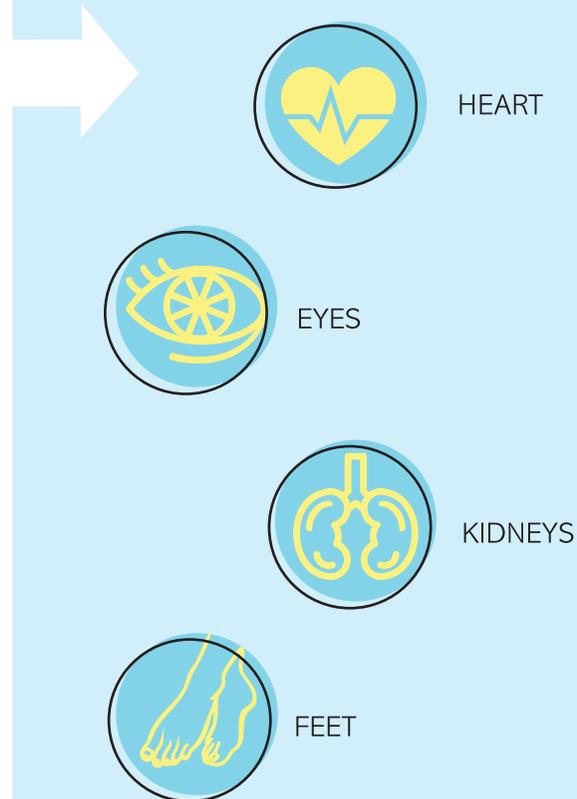
This is different from your daily blood sugar test, which gives you your blood sugar level at that moment in time.



Why is A1c important?

You and your healthcare provider use the results of your A1c tests to see if you need to make changes to your treatment plan.

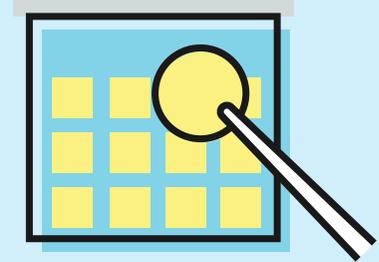
If your blood sugar is not under control, it can hurt your heart, blood vessels, kidneys, feet, and eyes.



What I should consider doing:

Schedule Regular Appointments

Make sure you schedule and go to your healthcare appointments.



Ask Your Healthcare Provider

At your appointments, ask:

- What is my A1c goal?
(For example, some individuals with diabetes may have an A1c goal of 7%)
- How often should I have my A1c checked?
- What can I do to keep my blood sugar under good control?

