



# Living Well With Type 2 Diabetes

# You're In The Driver's Seat

Managing your diabetes starts with you. The information and resources in this diabetes workbook, along with your Stay Well Care Plan, will help you better manage your diabetes. As you continue your journey with diabetes, this workbook can help you keep track of:

- Important screenings and visits with your care team.
- Your test results.
- Your daily blood glucose results.

By working with your care team, checking your blood glucose, and staying up to date with important tests and screenings, you can prevent or delay complications from diabetes.

This workbook includes a general schedule of important tests and screenings as well as general targets for those screenings. The information included aligns with recommendations by the American Diabetes Association Standards of Medical Care in Diabetes, 2023.

**Please Note: This schedule is not meant to replace the recommendations made by your care team. Your care team will work with you to create a tailored Stay Well Care Plan with your individual goals and a schedule for important tests and screenings based on your specific health care needs.**

## Diabetes Education

Your doctor, advanced practice provider (APP)\* or care manager may also invite you to participate in diabetes education as part of your overall care plan. Structured diabetes education has been shown to:

- Reduce A1C (blood glucose).
- Lower healthcare costs.
- Improve quality of life.<sup>1</sup>

\*An advanced practice provider is defined as a nurse practitioner or physician assistant.









Date: _____	Breakfast		Lunch		Dinner		Night
Medications	Before	After	Before	After	Before	After	Before
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	time	time	time	time	time	time	time

Notes

Date: _____	Breakfast		Lunch		Dinner		Night
Medications	Before	After	Before	After	Before	After	Before
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	time	time	time	time	time	time	time

Notes

Date: _____	Breakfast		Lunch		Dinner		Night
Medications	Before	After	Before	After	Before	After	Before
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	time	time	time	time	time	time	time

Notes

Date: _____	Breakfast		Lunch		Dinner		Night
Medications	Before	After	Before	After	Before	After	Before
	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL
	time	time	time	time	time	time	time

Notes



# My Diabetes Checkpoints

A guide to important diabetes tests and screenings.



## At Every Office Visit<sup>1,3</sup>

- Take your **blood glucose meter** and tracker with you to discuss your readings.
- Your doctor or APP will perform a **foot check** to look for any visible signs of problems.
- Your care team will check your **blood pressure** and **weight**.
- Discuss all **medications** you're currently taking, including over-the-counter medications, vitamins and supplements.



## Every 3 to 6 Months<sup>1,3</sup>

### A1C Test

My doctor/APP recommends I have my A1C checked every \_\_\_\_ months.

My most recent A1C test was on: \_\_\_\_\_

My next A1C test is scheduled for: \_\_\_\_\_

### How Does It Work?

An A1C test gives an average of your blood glucose control over the past 2 to 3 months. Your A1C test results can help you and your care team understand how well your treatment plan is working.<sup>4</sup>

Continued on next page.





## Once a Year<sup>1,3</sup>

### Kidney Test (Albumin in the Urine)

My doctor/APP recommends I have my kidneys checked every \_\_\_\_ months.

My most recent kidney test was on: \_\_\_\_\_

My next kidney test is scheduled for: \_\_\_\_\_

I am up to date this year.

#### How Does It Work?

When kidneys are damaged, they leak albumin, a type of protein, into the urine. To assess the health of your kidneys, this test will detect any albumin in your urine.<sup>5</sup>

### Eye Exam (Retinal Eye Exam)

My doctor/APP recommends I have an eye exam every \_\_\_\_ month.

My most recent eye exam was on: \_\_\_\_\_

My most recent eye exam was on: \_\_\_\_\_

I am up to date this year.

#### How Does It Work?

During an eye exam, your eye care professional will check for evidence of damage to your eyes. Annual dilated eye exams are very important as eye damage can sometimes have no symptoms.<sup>6</sup>

### Peripheral Neuropathy Test (VPN Test and Comprehensive Foot Exam)

My doctor/APP recommends I have a neuropathy test (comprehensive foot exam) every \_\_\_\_\_.

My most recent test or exam was on: \_\_\_\_\_

My next test or exam is scheduled for: \_\_\_\_\_

I am up to date this year.

#### How Does It Work?

Peripheral neuropathy causes tingling, pain, and/or numbness in your hands and feet. Most often, your doctor or APP will check for peripheral neuropathy by testing your feet for numbness.<sup>7</sup> Your doctor or APP should perform a visual check of your feet at each office visit. A comprehensive foot exam also includes a visual examination as well as a neurological and vascular assessment.<sup>1</sup>





## At Least Once a Year<sup>1,3</sup>

### Dental Exam

My doctor/APP recommends that I have my teeth checked every \_\_\_\_ months.

My most recent dental test was on: \_\_\_\_\_

My next dental exam is scheduled for: \_\_\_\_\_

I am up to date this year.

#### How Does It Work?

People with diabetes are at higher risk for gum disease. During a dental exam, your dentist can evaluate the health of your gums and teeth.<sup>8</sup>

### Cholesterol Test

My doctor/APP recommends that I have my cholesterol tested every \_\_\_\_\_.

My most recent cholesterol test was on: \_\_\_\_\_

My most recent cholesterol test was on: \_\_\_\_\_

I am up to date this year.

#### How Does It Work?

A cholesterol test is done using a blood draw. Cholesterol refers to a group of fats that play an important role in metabolism. Too much of certain types of cholesterol in your blood can be harmful.<sup>3</sup> How often you need your cholesterol tested may depend on what medications you are taking. Your doctor/APP can help you determine how often you should be having your cholesterol tested.

## Visit Notes and Other Important Dates

---

---

---

---

---

---



## Important Vaccinations<sup>1</sup>

**Flu Vaccine** - Every Year.

My most recent flu vaccination was on: \_\_\_\_\_

I am up to date this year.

**Pneumonia Vaccine** - Once in your life.

I had this vaccination on: \_\_\_\_\_

**Hepatitis B Vaccine** - A three-dose series administered once in your life.

I had this vaccination on: \_\_\_\_\_

**COVID-19 Vaccine** - Check with your doctor/APP and CDC guidelines for your recommended dose frequency.

I had this vaccination on: \_\_\_\_\_

**Shingles (Zoster) Vaccination** - (for patients 50+) A two-dose series administered once in your life.

I had this vaccination on: \_\_\_\_\_

**Tetanus, Diphtheria, and Pertussis (Tdap) Vaccination** - Adults should get a booster every 10 years.

I had this vaccination on: \_\_\_\_\_

Visit Notes and Other Important Dates

---

---

---

# Navigating The ABCD's Of Diabetes Care<sup>1,3</sup>

Know your goals and track your results.

## A

### A1C

A typical goal for people with diabetes is:  
**Less than 7%.**

**My A1C goal is:** \_\_\_\_\_

### Tracking My Results

Date	A1C Level
	_____ %
	_____ %
	_____ %

## B

### Blood Pressure

The target goal for people with diabetes is less than 130/80 mmHg. However, your doctor/APP can help you determine your individualized goal.

**My blood pressure goal is:** \_\_\_\_\_

### Tracking My Results

Date	Blood Pressure
	_____ mmHg
	_____ mmHg
	_____ mmHg

## C

### Cholesterol<sup>3</sup>

For most people with type 2 diabetes, a cholesterol medicine is recommended. Each time you get your cholesterol and blood fat levels tested, you will get results for three different measurements:

- **LDL ("bad") cholesterol:** LDL can lead to a build up of cholesterol in the arteries over time. In general, the lower this number, the better.
- **HDL ("good") cholesterol:** HDL helps to remove cholesterol from your body. In general, the higher this number, the better.
- **Triglycerides:** Triglycerides are another kind of blood fat that can increase your chances of a heart attack or stroke if they are too high.

Your doctor, AAP or care team will help set individualized cholesterol goals with you.

### My Cholesterol Goals

LDL ("bad") cholesterol	_____ mg/dL
HDL ("good") cholesterol	_____ mg/dL
Triglycerides	_____ mg/dL

### Tracking My Results

Date	Cholesterol and Blood Fat Levels
	LDL _____ mg/dL HDL _____ mg/dL Triglycerides _____ mg/dL
	LDL _____ mg/dL HDL _____ mg/dL Triglycerides _____ mg/dL
	LDL _____ mg/dL HDL _____ mg/dL Triglycerides _____ mg/dL

# D

## Diet & Exercise

Losing weight is the first treatment recommended by the American Diabetes association for those with Type 2 diabetes who are overweight. Having a healthy diet and exercise routine plays an important part in helping you to manage your diabetes, and it is important to find what works best for you to keep extra weight off and stay healthy.

- The key to weight loss for most people is finding the right combination of exercise, healthy foods and portion control.
  - Eat a variety of foods to get all the nutrients you need. Talk with your doctor or APP to determine what foods to include in your diet.
  - Try to be active for at least 1 hour every day and pick activities you enjoy—ones that make your heartbeat faster, your muscles stronger, and your muscles and joints more flexible.
- Losing just a few pounds will help you start to feel better and give you more energy. It will also help you manage your diabetes easier and reduce your risk of developing other related problems. In addition, your weight loss will help improve your glucose control and might help to reduce your medication(s).
- The way we frame our weight loss journey can have a big impact on our progress—good or bad. Learn some positive self-talk strategies to help keep you in the right frame of mind.



## References

1. American Diabetes Association. Standards of Medical Care in Diabetes – 2022. *Diabetes Care* 2022;45(Suppl. 1):S1–S244 | doi:<https://doi.org/10.2337/dc22-in01>.
2. American Diabetes Association. Hypoglycemia (Low Blood Glucose). Retrieved October 12, 2022 from <https://diabetes.org/healthy-living/medication-treatments/blood-glucose-testing-and-control/hypoglycemia>.
3. American Diabetes Association. Health Checks for People with Diabetes. Retrieved June 21, 2022 from <https://www.diabetes.org/diabetes/newly-diagnosed/health-checks-people-with-diabetes>.
4. American Diabetes Association. A1c and eAG. Retrieved June 21, 2022 from <https://www.diabetes.org/diabetes/a1c/a1c-and-eag>.
5. American Diabetes Association. Kidney Disease (Nephropathy). Retrieved June 21, 2022 from <https://www.diabetes.org/diabetes/chronic-kidney-disease>.
6. American Diabetes Association. Eye Complications. Retrieved June 21, 2022 from <https://www.diabetes.org/diabetes/complications/eye-complications>.
7. American Diabetes Association. Peripheral Neuropathy. Retrieved June 21, 2022 from <https://www.diabetes.org/diabetes/neuropathy/peripheral-neuropathy>.
8. American Diabetes Association. Diabetes and Oral Health. Retrieved June 21, 2022 from <https://www.diabetes.org/diabetes/keeping-your-mouth-healthy>.