

This list of items for good diabetes care is suggested by the American Diabetes Association (ADA). Take this card to your doctor and diabetes educator when you visit them every three months so that YOU can take charge of your diabetes.¹

Exams *every visit*

Date of visit

Weight

Foot exam

Blood pressure

Exams *every 3 months*

Date of visit

Hemoglobin A1C

Exams *once a year*

Date of visit

Cholesterol TOTAL

LDL

HDL

Triglycerides

Eye exam

Dental exam

Flu shot

Have you reviewed?

Date of visit

Meal plan

Exercise plan

Blood sugar testing

Foot care

Drawing and injecting insulin

Sharps disposal

Sick day management

Stress management



Customer Support*

1.888.232.2737

Monday–Friday

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Diabetes Care

Information for people with diabetes and for healthcare professionals.

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* Not for emergency or medical information. The information contained herein should NOT be used as a substitute for the advice of an appropriately qualified and licensed physician or other health care provider. † Check with your physician or health care provider before starting any medication. ‡ This is a general reference. Your diabetes care team may set different blood glucose ranges for you.

1. American Diabetes Association Diabetes Care 2020 Jan; 43 (Supplement 1): S37-S47. 2. American Diabetes Association. Hypoglycemia (low blood glucose). Accessed March 9, 2017 at <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html>.

Medication†	Dosage	Instructions

Allergies:

Hypoglycemia² (low blood sugar) Less than 70 mg/dL† 

Some people may not have signs. For those who do, watch for the signs, and know what to do:

Watch for:

- Cold sweat, faintness, dizziness,
- headache
- Pounding heart, trembling, nervousness
- Blurred vision
- Hunger
- Irritability or personality change
- Unable to wake up

Signs and symptoms can occur very quickly—within minutes

- Do not give anything by mouth if the person is not conscious
- If the person is unconscious, give glucagon according to package directions and call 911

What to do:

- Test your blood sugar (if possible)
- If less than 70 mg/dL or feeling symptoms of low blood sugar, treat with 15 grams of glucose (Rule of 15)
- Wait 15 minutes and retest your blood sugar
- If your blood sugar is still less than 70 mg/dL, treat again with glucose tablets, liquids or foods containing sugar. Follow with your next meal or snack
- Do not give anything by mouth if the person is not conscious

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Personal diabetes care card

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	Name	Phone number
Card owner:		
Emergency contact:		
Doctor		
Diabetes educator		
Dietitian		
Pharmacist		
Foot doctor		
Eye doctor		
Dentist		