

My Care Plan and Targets



Reducing Risks	Date
Eye Examination	
Foot Examination	
Dental Examination	
Flu Vaccination	
Pneumonia Vaccination	
Annual Physical	
ECG	
Monitoring	Date
Hba1c	
Continuous Glucose Monitoring	

My Targets

Weight	Blood Pressure	Hba1c

Total cholesterol	LDL	HDL	Triglycerides

Fasting Blood Glucose	Pre-meal BG	1-2 hours after eating	Before exercise	Before bed