

Patient Name:		Physician Name:		
Date of Birth:		Physician Phone:		
Member #:				
INTERVENTIONS	DATE	DATE	DATE	DATE
Blood pressure • < 130/80 mm Hg				
Weight (lb or kg)				
Height				
Visual foot inspection				
Lipid profile (annual) <i>Goals:</i> <i>Total Chol < 200 mg/dL</i>				
Total cholesterol	mg/dL	mg/dL	mg/dL	mg/dL
<i>LDL < 100 mg/dL</i> LDL	mg/dL	mg/dL	mg/dL	mg/dL
<i>HDL > 40 mg/dL (men)</i> <i>HDL > 50 mg/dL (women)</i> HDL	mg/dL	mg/dL	mg/dL	mg/dL
<i>TG < 150 mg/dL</i> Triglycerides	mg/dL	mg/dL	mg/dL	mg/dL
A1C Goal: <7.0% <i>Metabolically controlled - every six months</i> <i>Not controlled, or change in therapy - every three</i>				

<i>months</i>				
Microalbuminuria (EVERY 6 MONTHS) • Microalbumin/Creatinine ratio, random spot <i>or</i>				
• 24-hour Cr. Clearance <i>or</i> • eGFR				
• Timed				
Reno-protective Therapy (ACE or ARB)				
Aspirin therapy 81-325mg per day, pts. over 40 and patients under 40 with documented CHD risk factors and diabetes				
Sensory foot exam (annual)				
Dilated retinal exam (annual)				
Flu vaccine (annual)				
Pneumonia vaccine				
Preconception counseling				
Smoking cessation counseling				
Exercise program				