

Standards of Care

Standards of Care are guidelines that can help people with diabetes live longer, healthier lives.

Tests	Monitors	Test Frequency	ADA Targets	Your Last Test Result(s)	Test Date
A1c	2 to 3 month blood sugar average	Every 3 to 6 months	Less than 7 percent (or as advised by your doctor)		
Blood Pressure	Checks the force of blood flow through vessels	Every doctor visit	Less than 140/90 mm Hg <i>(Consider medications if out of target.)</i>		
LDL (bad cholesterol)	Risk of heart disease	Yearly	LDL below 100 mg/dl <i>(Consider medications if out of target.)</i>		
Microalbumin (urine test)	Kidney function	Yearly	Less than 30 mcg/dl		
Eye Exam (dilated)	Eye disease	Yearly	Normal		
Foot Exam	Foot problems	Every doctor visit	Normal		
Flu Shot		Yearly			
Pneumonia Vaccine		At diagnosis <i>(Repeat after 65 years old)</i>			