



# Diabetes Care

## Activity Tracking Chart

If you have diabetes, use this chart to track activity goals, activity results and dates activities were completed. Just download it to a computer and use the fillable fields to enter in information. You can also print it out and take it with you to your next PCP visit. If you have any questions or are not sure if you need to do all of these activities, discuss with your PCP. They will know what is right for you based on your health history.

Activity	Purpose of Activity	Frequency	Goals	Results	Date Completed
A1C*	Blood test to measure your <a href="#">average blood sugar</a> (glucose) level over the past 3 months. The optimal A1C goal is 7% or less.	Each visit			
Kidney Profile*	Combo of <a href="#">two tests</a> . One is the <a href="#">glomerular filtration rate (GFR) test</a> . This is a blood test that checks how well your kidneys are working. The other is the <a href="#">albumin-creatinine ratio (ACR) test</a> . This is a urine test that checks if you have kidney damage. Both these tests also check to see if you're at risk for developing chronic kidney disease.	Once a year			
Retinal Eye Exam*	Special eye exam that checks if your retina and blood vessels are healthy since diabetes puts you at higher risk of having <a href="#">eye problems</a> .	Once every two years			
Weight/Height	Height and weight are used to calculate your <a href="#">body mass index (BMI)</a> . Your PCP can then use your BMI to assess if you need to lose weight to help control your diabetes.	Each visit			
Blood Pressure	Measures the pressure of blood pushing against the walls of your arteries. Healthy blood pressure is below 120/80. Diabetes puts you at higher risk for having <a href="#">high blood pressure</a> , which causes many <a href="#">health problems</a> .	Each visit			



Activity	Purpose of Activity	Frequency	Goals	Results	Date Completed
<b>Cholesterol Screening*</b>	Measures <a href="#">cholesterol levels</a> in your blood. Diabetes puts you at higher risk for having “ <a href="#">bad</a> ” <a href="#">cholesterol</a> , which can lead to heart disease.	Once a year			
<b>Foot Inspection</b>	<a href="#">Diabetic foot exam</a> checks for numbness, tingling, pain or lack of feeling. This helps to assess nerve damage to your feet, which is often caused by diabetes.	Each visit			
<b>Dental Exam*</b>	A dental exam makes sure your gums and teeth are healthy. Diabetes can cause <a href="#">gum disease</a> and other infections in your mouth. This is why regular dental exams are vital.	Every six months			
<b>Stop Smoking Discussion</b>	To let your PCP know that you wish to <a href="#">quit smoking</a> . They can help you quit, and you can also call <b>1-800 QUIT NOW</b> (1-800-784-8669).	Each visit			
<b>Vaccinations</b>	Diabetes puts you at higher risk of developing serious health-related issues due to viruses like the <a href="#">flu</a> or <a href="#">COVID-19</a> . Staying up to date with vaccinations is important.	Varies by vaccine. Discuss with your PCP.			
<b>Diabetes Self-Management Education*</b>	To get a referral from your PCP to join a <a href="#">diabetes education program</a> . These programs teach you skills to self-manage diabetes at home.	Initial and as needed			
<b>Meet with Registered Dietitian*</b>	To get a referral from your PCP to meet with a Registered Dietitian (RD). The RD will then start you on <a href="#">Medical Nutrition Therapy</a> , which is helpful for managing diabetes.	Initial and as needed			

\* These services may not be fully covered. Check your health plan benefits to confirm coverage or call the Member Services phone number located on the back of your CareSource member ID card.