

# 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
<b>A1c</b>	2 to 3 month blood sugar average	Every 3 to 6 months	Less than 7 percent (or as advised by your doctor)		
<b>Blood Pressure</b>	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>		
<b>LDL (bad cholesterol)</b>	Risk of heart disease	Yearly	LDL below 100 mg/dl <i>(Consider medications if out of target.)</i>		
<b>Microalbumin (urine test)</b>	Kidney function	Yearly	Less than 30 mcg/dl		
<b>Eye Exam (dilated)</b>	Eye disease	Yearly	Normal		
<b>Foot Exam</b>	Foot problems	Every doctor visit	Normal		
<b>Flu Shot</b>		Yearly			
<b>Pneumonia Vaccine</b>		At diagnosis <i>(Repeat after 65 years old)</i>			