

# Health Evaluations and Tests Record

Use this chart to record your health evaluations and test results. Ask your healthcare team what your targets should be and write them down in the target columns.

Name \_\_\_\_\_

What	Target	How Often	Date	Results	Date	Results	Date	Results	Date	Results
<b>All Adults</b>										
Weight		Each visit								
Blood Pressure		Each visit								
Cholesterol		*								
Blood Sugar		Annually								
Eye/Glaucoma		Every 1-2 years								
Dental		1-2/year								
Hearing		Every 3 years								
Stool for hidden blood		Every year								
Colorectal screening		Every 5 years								
Mammogram (Women)		Every 1-2 years								
Pap Test/Pelvic Exam (Women)		Every 1-3 years								
Prostate PSA/DRE (Men)		*								
Depression Screen		*								

\*Discuss with your doctor or nurse

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Diabetes Tests and Exams		How Often	Date	Results	Date	Results	Date	Results	Date	Results
What	ADA <sup>1</sup> Target									
Complete Foot Exam		Annually								
A1C	<7%*	2-4/year								
Total Cholesterol	<200 mg/dL*	Annually								
LDL	<100*	Annually								
HDL	Men >40 mg/dL Women >50 mg/dL	Annually Annually								
Triglycerides	<150 mg/dL	Annually								
Urine Protein		Annually								
Dilated Eye Exam		Annually								
Diabetes Self-Management Education		Annually*								
Diabetes Nutrition Counseling		Annually*								

\*Discuss with your doctor or nurse  
<sup>1</sup> ADA=American Diabetes Association

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What	How Often	Date	Results	Date	Results	Date	Results	Date	Results
<b>Vaccines</b>									
Influenza	Age 50+								
Pneumonia	Age 65+								
Tetanus/Diphtheria	Every 10 years								
Hepatitis A	Per risk								
Hepatitis B	Per risk								
TB Screen	Per risk								
Vericella	Per risk								

**NOTES:**

**Medicare Part B patients:** Call **1-877-231-5199** and mention reference code **ED06500** to order your diabetes testing supplies.

**Web site:** [www.RxSolutions.com/diabetes](http://www.RxSolutions.com/diabetes)

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

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