

Diabetes Care List



Diabetes Done Right™

Make 2022 the year of better health by completing your annual **Diabetes Care List**. Better health means more time to do the things you love; from a quiet walk in the park to a loved one's event.

Talk to your healthcare provider about whether the following are right for you:



MEDICATIONS:

Statin: Yes No

Details: _____

Aspirin: Yes No

Details: _____

ACEi/ARB: Yes No

Details: _____

LAB TESTS:

Hemoglobin A1c #1 Date: ____ / ____ / ____

Details: _____

Hemoglobin A1c #2 Date: ____ / ____ / ____

Details: _____

Hemoglobin A1c #3 Date: ____ / ____ / ____

Details: _____

Hemoglobin A1c #4 Date: ____ / ____ / ____

Details: _____

Urine-Protein Screen Date: ____ / ____ / ____

Details: _____

Lipid Panel Date: ____ / ____ / ____

Details: _____

If you smoke: The best thing you can do for your health is to quit today.

Quit Smoking: ____ / ____ / ____ (For help, call: 800-QUIT-NOW; 800-784-8669)

Glucose Guards is an all-inclusive diabetes management platform and a home for all things diabetes. Members receive everything from personal coaching sessions to rewards, like gift cards and gear, for taking charge of their health. **For help completing your Diabetes Care List reach out to your personal Coach.**

Not a member yet?

Join the Glucose Guards community today by registering at [Glucoseguards.com](https://www.glucoseguards.com)

Glucose Guards; Diabetes Done Right™

[Log in today to learn more!](#)