

Keeping on track with your diabetes

Recommended check	Goal	Date tested	Date tested	Date tested	Date tested	Date tested	Date tested
Blood pressure	<130/90						
Every 3–6 months							
HbA1c	<53.0 mmol/mol (< 7%)						
Weight							
Dental check (6–12 monthly)							
Every year							
Total cholesterol	<4.0 mmol/L						
HDL cholesterol	>1.0 mmol/L						
LDL cholesterol	<2.0 mmol/L						
Triglycerides	<2.0 mmol/L						
Urine albumin	<20.0 mg/L						
Albumin:Creatinine ratio	Men <2.5 mg/mmol Women <3.5 mg/mmol						
Foot assessment							
Eye check (1–2 yearly)							

Source: National Vascular Disease Prevention Alliance, *Guidelines for the management of absolute cardiovascular disease risk* 2012

Note: Your health care professional may advise different targets or frequency of testing.