Keep Track of Important Information

Exams, Tests, and Immunizations

- **A1C (every 3–6 months)**
  - Date Done:
  - Result:

- **Blood Pressure (every visit)**
  - Date Done:
  - Level:

- **Cholesterol/Blood Lipids (once a year)**
  - Date Done:
  - Level:

- **Microalbumin (once a year)**
  - Date Done:
  - Level:

- **Flu Shot (once a year, in the fall)**
  - Date Done:

- **Pneumonia shot (at least once, then as directed by your provider)**
  - Date Done:

Provider Contact Information

- **Primary Care Provider:**
- **Pharmacist:**

- **Endocrinologist:**
- **Ophthalmologist:**

- **Registered Dietitian:**
- **Optometrist:**

- **Diabetes Educator:**
- **Podiatrist:**

- **Health Psychologist or Social Worker:**
- **Dentist:**

It’s a good idea to keep track of all of your exams, tests, and immunizations by writing down the last date that you had each. Also, you can keep track of all of your providers’ contact information by keeping a list of their phone numbers. Fill in and update all of the information above. Then keep it with you at all times to refer to.