

## Diabetes Health Profile

Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Care Partner: \_\_\_\_\_

### Patient's Diabetes-Related Health Information

Having diabetes can increase your risk for other medical problems over time. These problems can include eye damage, kidney damage, circulation problems, heart attack, and stroke. Things that affect your risk of getting these diabetes problems include: your sugar level, blood pressure, cholesterol, and smoking status.

The following information is the latest information from the patient's medical record.\*

- **Last HbA1c%:** \_\_\_\_\_ **Date:** \_\_\_\_\_
  - **Equivalent average blood glucose** \_\_\_\_\_
    - Common HbA1c goals are 6.5-7.5 for some people and 7.0-8.0 for others. You can discuss your individual goal with your primary care provider.
- **Last blood pressure reading:** \_\_\_\_\_ **Date:** \_\_\_\_\_
  - Guidelines suggest a blood pressure goal for people with diabetes of less than 140/90
- **Last LDL Cholesterol reading:** \_\_\_\_\_ **Date:** \_\_\_\_\_
  - A common goal for people with diabetes is under 100.
- **Statin (cholesterol) medication prescription:** \_\_\_\_\_
  - Moderate or high-dose statin medications are recommended for most people with diabetes
  - Guidelines suggest an LDL of less than 100 or a statin prescription
- **Smoking status:** Never          Former          Current
- **Estimated 5-year risk of a cardiac event** \_\_\_\_\_

\* These goals are based on current VA/DoD Clinical Practice Guidelines, ACA and AHA guidelines. You and your primary care team may set different goals. The individual goals you set with your primary care team always take precedence over the goals written here.



**Patient's Prescribed Medicines Related to Diabetes Health (see medication list)**

**Contacting the Patient's Primary Care Team**

We recommend calling whenever you have a question about your health care. You do not need to wait until your next appointment to ask a question. Your primary care team has time set aside to answer your questions over the phone.

**The best way to reach your primary care team by phone:** \_\_\_\_\_

**Primary Care Team Members:**

- Primary Care Doctor: \_\_\_\_\_
- Nurse (RN) Care Manager: \_\_\_\_\_
- Nurse (LPN) or Medical Assistant: \_\_\_\_\_
- Clinical Pharmacist: \_\_\_\_\_

**Patient's Next Scheduled Appointment(s) with the Primary Care Team**

We encourage the Care Partner to attend the primary care visits whenever possible. For appointments in the next 12 months, the patient will receive a visit planning phone call from the CO-IMPACT Health Coach.

- Appointment with: \_\_\_\_\_
  - Date : \_\_\_\_\_
  - Time: \_\_\_\_\_

