

# Diabetes care checklist

Item	How often it should be checked with a healthcare professional	Target for MOST people with diabetes*	YOUR target
Self-monitoring of blood glucose (SMBG): Before meals and 2-hours post-meal	Daily self-monitoring, then check in with a healthcare professional 4 times per year	4.0-7.0 mmol/L, 5.0-10.0 mmol/L, or 5.0-8.0 mmol/L	
Check your meter against lab results	4 times per year†	Results should be within 15% of each other	
Physical activity	4 times per year†	Aerobic activity: 150 minutes per week Resistance training: 2-3 times per week	
Weight	4 times per year†	Targets vary	
Conversation about nutrition, smoking, mood, stress, anxiety, and sexual function/pre-conception planning	4 times per year†	Targets vary	
Assessment of risk for heart attack and stroke	4 times per year†	Targets vary	
Review of all medications and supplements you are taking	4 times per year†	N/A	
Foot exam	4 times per year†	Targets vary	
Eye exam	Annually by an eye doctor	Targets vary	
Body mass index (BMI)	4 times per year†	Most adults between 18 and 64 years of age: 18.5- 24.9	
Waist circumference (WC)	4 times per year†	Men: <40 inches (102 cm) women: <35 inches (88 cm)	
Blood pressure (BP)	4 times per year†	<130/80 mmHg	
A1C lab test (every 3 months)	Every 3 months	≤7.0%	
Low-density lipoprotein (LDL) cholesterol (“bad” cholesterol)	Every 1 to 3 years, and after a change in cholesterol treatment	≤2.0 mmol/L	
Urine protein (albumin / creatinine ratio [ACR])	Annually	2.0	
Kidney function (estimated glomerular filtration rate [eGFR])	Annually	>60 mL/minute	

Adapted from the Canadian Diabetes Association Clinical Practice Guidelines Resources document: “Me, My Health and My Diabetes Team”.

\* These are general guidelines only. Please work with your healthcare team to create your personal goals.

† It is generally recommended that you visit your primary healthcare professional at least 4 times per year specifically for diabetes care and concerns.

‡ If you have kidney disease, you may need this test done more often.

