

Diabetes Monitoring Checklist



In addition to monitoring your sugars, Network Health encourages the following tests, screenings and medication for people with diabetes as recommended by national care guidelines. Use this checklist to discuss your treatment plan, testing, results and goals with your personal doctor to determine what is appropriate for you.

Description of Diabetic Tests and Screenings	Frequency	Date Completed
A1c Testing The A1c test is a blood test that measures your average blood sugars over the last three months. Experts recommend an A1c number less than 7 percent, but your target A1c number depends on many individual factors.	Every 3-6 months (or as directed by your doctor)	
Recommended Statin Use The American Diabetes Association recommends a daily statin for all adults with diabetes regardless of their cholesterol level. Research shows that statins significantly decrease your risk for heart attack and stroke. Talk to your doctor to discuss your individual needs.	Daily (dosage as directed by doctor)	
Blood Pressure Check A blood pressure screening involves your doctor using an arm cuff to measure the pressure within your blood vessels. Ideally, blood pressure levels for a person with diabetes should be less than 140/90. Controlling your blood pressure can help prevent long-term complications of diabetes.	Every office visit	
Kidney Screening (Microalbumin Test) The kidney screening is a urine test that measures the protein albumin in your urine. The screening measures how your kidneys are functioning because about one in three people with diabetes develop kidney disease.	Every 12 months	
Dilated Eye Exam Dilated eye exams are a critical step in helping check for signs of retinopathy, a diabetes-related eye disease. Early diagnosis of retinopathy has been shown to prevent vision loss in more than 90 percent of people with diabetes. Use the enclosed Dilated Retinal Eye Exam Diabetic Retinopathy Communication Form to send the results of your dilated eye exam to the personal doctor who helps you manage your diabetes.	Every 12 months (or as directed by your doctor)	
Diabetic Medication Use Effective diabetes management requires taking your diabetic medication as directed by your doctor. Your diabetic medications should ONLY be changed by your doctor. Controlling your blood sugar is important to preserve your eyesight, kidney function, circulation and heart health.	As directed by your doctor	

If you have questions, please contact Network Health's Quality Health Integration department at QI@networkhealth.com.

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Dilated Retinal Eye Exam Diabetic Retinopathy Communication Form



This form is used to document the results of your dilated eye exam. It should be placed in your medical record.

STEP 1: PATIENT

Please do not return this form to Network Health. Ask your eye care provider to forward this information to your personal doctor to be entered into your medical record.

THE AREA BELOW IS TO BE COMPLETED BY YOUR OPTOMETRIST OR OPHTHALMOLOGIST.

Patient Name _____ Date of Birth _____ Phone _____

Personal Doctor	Eye Care Specialist
Name:	Name:
Clinic/Office:	Clinic/Office:
Address:	Address:
City, State, Zip:	City, State, Zip:
Phone:	Phone:
Fax:	Fax:

STEP 2: EYE CARE SPECIALIST

Fill in the information below and return this form or a copy to the patient's personal doctor listed above.

The above-named patient was seen on _____ for a dilated eye examination.
(Date)

The examination revealed the following results.

Retinal Examination Findings

- ☐ No diabetic retinopathy
- ☐ Diabetic retinopathy requiring no treatment
- ☐ Diabetic retinopathy requiring treatment
- ☐ Other eye disease
- ☐ Full report sent to patient's primary care practitioner (PCP)

Follow-up Eye Exam Recommendations

- ☐ 3 Months
- ☐ 6 Months
- ☐ 1 Year
- ☐ Other: _____

Signature _____

This document also available at networkhealth.com. Click For Dental and Medical Providers, then Provider Resources, then Quality Health Integration. If you have any questions, please contact the Network Health's Quality Health Integration Department at QI@networkhealth.com.