

Diabetes Self-Care Checklist

Here are 12 ways you can become an active member of your own health care team. Use this checklist to see where you're doing well and uncover areas with room for improvement. Consider creating an Action Plan around an activity that has room for improvement.

I do this well	I will do this	
		Gain and share support: Join an American Diabetes Association support group, or ask friends and family members to support you with your lifestyle improvements. This can improve your chances of success.
		Keep up-to-date about diabetes: News about diabetes self-care is updated often, and your needs change over time. Call Member Health Improvement at (855) 644-4764 or email health@hpmg.com to learn about a variety of resources including individual dietician appointments, diabetes education groups and web as well as print information.
		<p>Know your ABCs:</p> <p>A1c (your average blood glucose over a 3 month period) – get tested at least twice a year with a goal of keeping it below 8.</p> <p>Blood Pressure - aim for below 130/80 to reduce the risk of heart attack and stroke (which is higher among people with diabetes). Get it checked at every doctor's visit.</p> <p>Cholesterol Tests are needed once a year – more often if you are trying dietary changes or on cholesterol-lowering medication. Aim for an LDL less than 100, and ideally less than 70.</p>
		Visit your dentist: Go twice a year for exams and cleanings because elevated blood sugar can harm your teeth and gums.
		Examine your feet: Diabetes reduces sensation and circulation in your feet, so wounds can go unnoticed and infections can be hard to treat. Take your shoes and socks off at every visit with your doctor regardless of the reasons for your appointment. Check your feet at home daily.
		Take a low dose aspirin daily. Ask your physician if this is safe for you. If so, it can reduce your risks of heart attack and stroke.
		Check for signs of depression. It is hard having a condition that will never go away. Depression is common in diabetes. In the last two weeks have you had little interest or pleasure doing things? Have you felt down or hopeless? Go to www.HillPhysicians.com/Depression to learn more. Follow up with your physician or self-refer to a behavioral health specialist (contact Member Health Improvement at (855) 644-4764 for help finding a mental health provider).
		Perform home glucose testing. Ask your doctor if you need to test your blood sugar at home. Experiment with tracking your blood sugars after meals or exercise as well as other times of the day. Discuss the results with your physician, a dietician, or a diabetes educator. For assistance, call Member Health Improvement at (855) 644-4764 or email health@hpmg.com .
		Get a flu shot. People with diabetes should get a flu shot each year
		Have a retinal eye exam annually. Self-refer once a year to an ophthalmologist for a retinal (dilated) eye exam. This is different from an eye exam for corrective lenses.
		Exercise regularly. If you don't already exercise regularly, start small (about 10 minutes a day) and commit to a plan for how, over time, you will increase this up to 30 minutes for most days of the week. Any form of exercise you enjoy is easier to maintain. Use your support team to help keep you motivated.
		Reduce your weight. If you are overweight, losing just a few pounds can significantly reduce your risk of diabetes complications and may affect how much medication you need to take. A support person, a dietician appointment or exercise program can help you reach your goals.

This tip sheet is provided by Hill Physicians Medical Group for informational purposes only. It is not intended to replace the advice or care given by your physician. Talk to your doctor if you are experiencing symptoms or have questions or concerns.

Creating an Action Plan for Change

“I want to lose weight to improve my health.”

“I’d like to reduce my stress.”

“I’m going to make better eating choices.”

“I’m going to be more physically active.”

We all have changes we’d like to make. Goals around health, relationships, and career are common but your goal could be just about anything. Coming up with goals isn’t hard, the difficulty is obtaining them. In order to make a successful, lasting change, you’ll need effort, persistence, and a good plan.

Start by clarifying your goal. What, exactly, do you want to accomplish? How will you know you’ve accomplished it?

How important is it to you? Choose a goal because it is important to *you*, not just because someone else wants it for you. Consider how important this goal is to you on a scale from 1 to 10. If below 7, think about adjusting your goal to something that is more meaningful to you.

Make your plan specific and take small, measurable steps. When, where, or how will you work toward the goal? Most goals can be broken down into a series of small steps. Start with the first small step to make your goal more manageable. You’ll move to the next step after you’ve achieved success with the one before it.

Be prepared for setbacks. Most of us don’t achieve our goals on the first try. Give yourself the mindset of a realistic optimist. Stay positive and confident that you’ll reach your goal in the end, but anticipate mistakes, failures, and setbacks along the way. Brainstorm any barriers that might come between you and success. Decide now how you’ll deal with them if they come up.

Enlist a support person. Who will you tell about your goal? Discussing your plan with another person can help solidify your commitment to following through – and you’ll have someone to help you celebrate your success.

Rate your confidence. On a scale from 1 to 10, how confident are you that you can achieve your goal? If your confidence is below 7, adjust your plan to be more realistic for you right now.

Review your progress. At each step, take a moment to evaluate how you’re doing. If you’re not making the progress you’d like, ask why. Did you take on too much? Is there something else in your life that’s interfering? Here’s where the persistence comes in: modify your plan and start again. In time, you’ll get there.

Use the Action Plan form on the following page for help with creating a plan for lasting change. Contact Member Health Improvement if you need help getting started.

Member Health Improvement Department
(855) 644-4764 (toll free) or health@hpmg.com

My Action Plan

To improve my health I will:

1. Choose one of the activities below:



_____ Work on something that's bothering me:



_____ Stay more physically active!



_____ Use my medications/ medical equipment.



_____ Improve my food choices.



_____ Reduce my stress.



_____ Cut down on smoking.

2. Chosen activity (what): _____

3. On a scale from 1 to 10, how important is this to you? _____



10 VERY IMPORTANT

5 SOMEWHAT IMPORTANT

1 NOT VERY IMPORTANT

4. When/where/how often: _____

5. Possible challenges: _____

6. Plan to overcome challenges? _____

7. Support person(s)? _____

8. On a scale from 1 to 10, what is your confidence level? _____



10 VERY SURE

5 SOMEWHAT SURE

1 NOT SURE AT ALL

Signature: _____

Date: _____

Support Person's Signature: _____

Date: _____

Need extra copies of this form? Go to www.hillphysicians.com/Diabetes to print or download a copy.