

Diabetes – Caring for yourself

Here is list of target levels for tests that are common for people with diabetes. Work with your health care team to find the best way to reach your target levels. Talk to your health care team if you have questions about your test results.

Test	Target Level	When to Test
A		
A1C (blood test)	Less than 7%	Every 3 months
Albumin creatinine ratio (urine test)	Less than 2.0	Once a year
B		
Blood pressure	130/80 or under	Every visit
Blood sugar (glucose)	4.0 to 7.0	Before meals
	5.0 to 10.0	2 hours after meals
Blood and urine tests for kidneys	These tests are ordered by your health care team based on your needs.	
C		
Cholesterol: Total	Less than 4.2	Once a year without treatment Every 3 to 6 months with treatment
Cholesterol: LDL (Bad)	Less than 2.0	Once a year without treatment Every 3 to 6 months with treatment
Cholesterol: HDL (Good)	Greater than 1.3	Once a year without treatment Every 3 to 6 months with treatment
Cholesterol: Total to HDL ratio	Less than 4.0	Once a year without treatment Every 3 to 6 months with treatment
Cholesterol: Triglycerides	Less than 1.5	Once a year without treatment Every 3 to 6 months with treatment

Other tests

Test	When to Test
D Dental	See your dentist once a year.
E Eyes	Have a dilated eye examination once a year, or more often if needed. This annual exam is covered by the Ontario Ministry of Health.
F Feet	Check your feet daily. Have your health care team check your feet at every visit.

How can I take part in my care?

Keeping track of your progress is a good way to take part in your care:

1. Record all of your blood sugar results in a log book. Ask your health care provider or pharmacist for a log book. You can also call the 1-800 phone number on the back of your meter to request a log book.
2. Record all of your lab results in the Diabetes Passport. Ask your healthcare provider or pharmacist for a copy of the Diabetes Passport. You can also print a copy at www.serviceontario.ca
3. Bring your log book and Diabetes Passport to each visit with your health care provider.

For more information

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