

**To manage your diabetes, your health care team recommends that you:**

- Have these tests:
  - › Blood pressure (every 3 months)
  - › A1C (every 3 to 6 months)
  - › Cholesterol (once a year)
  - › Urinalysis (once a year)
- Have a dilated eye exam every 2 years. This is covered by MSI (Nova Scotia health card).
- Stop smoking.
- Choose healthy foods.
- Check your feet each day.
- Be active for 30 minutes, at least 5 times a week.
- Take your blood glucose meter to the lab once a year.

**For more information, visit:**

- › [www.diabetes.ca](http://www.diabetes.ca)
- › [www.nshealth.ca/diabetes](http://www.nshealth.ca/diabetes)

My Diabetes Centre:

Phone:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Diabetes Care Program of Nova Scotia  
Designed and Managed by: Nova Scotia Health  
Library Services*

WK85-1037 © August 2025 Nova Scotia Health Authority  
To be reviewed August 2028 or sooner, if needed.  
Learn more: <https://library.nshealth.ca/patient-education-resources>

2025

# My Diabetes Record

Name:

Please bring this record with you each time you visit your primary health care provider (family doctor or nurse practitioner) or Diabetes Centre.

This table lists the targets for most people. Talk with your health care team about the targets that are right for you.

<b>Date</b>					
<b>Fasting blood sugar</b> Target: 4.0 to 7.0 mmol/L					
<b>A1C (%)</b> Target: 7.0% or less					
<b>Triglycerides</b> Target: less than 1.5					
<b>LDL (bad) cholesterol</b> Target: less than 2.0					
<b>HDL (good) cholesterol</b> Target: more than 1.0					
<b>Non-HDL cholesterol</b> Target: less than 2.6					
<b>Kidneys</b> eGFR Target: 60 or higher					
<b>ACR</b> Target: less than 2.0					
<b>Blood Pressure</b> Target: 130/80 or less					
<b>Weight</b>					