



# Check Up Chart

Use these guidelines to help you know when to ask your health care provider about screenings to prevent diabetes and heart disease.

- Have your weight and/or waist circumference measured at each regular health care visit.
- Check your blood pressure at each regular health care visit or at least once every 2 years if your blood pressure is normal.
- Have blood drawn for a full lipid panel (cholesterol and triglycerides) at least every 5 years. Have it checked every year if your numbers are off-target.
- Have a blood glucose test at least every 3 years. Have it checked more often if you have high blood glucose, pre-diabetes, or diabetes.

Risk Factor	Healthy Range	How am I doing?	My Goal
Overweight	BMI between 19 and 25 • Visit <a href="http://diabetes.org/BMIcalc">diabetes.org/BMIcalc</a> to get your Body Mass Index (BMI)	_____	_____
High LDL Cholesterol	Less than 100*	_____	_____
Low HDL Cholesterol	For men: over 40* For women: over 50*	_____	_____
Total Cholesterol	Less than 200*	_____	_____
Triglycerides	Less than 150*	_____	_____
Physical Inactivity	At least 30 minutes of moderate activity, most days	_____	_____
High Blood Pressure	Less than 120/80	_____	_____
High Blood Glucose	Fasting plasma glucose (FPG) less than 100* or A1C less than 6.5	_____	_____
Smoking	No safe level!	_____	_____

\* Cholesterol, triglyceride, and blood glucose levels as measured in milligrams per deciliter (mg/dl).

## AMERICAN DIABETES MONTH®

 American Diabetes Association.

Learn more about your risk:  
 Call 1-800-DIABETES (342-2383)  
 Visit [diabetes.org](http://diabetes.org)  
 Email [AskADA@diabetes.org](mailto:AskADA@diabetes.org)