

Diabetes Care Guidelines Chart

Tests	Year		
	2024	2025	2026
HbA1c <ul style="list-style-type: none"> • Test 2-4 times a year • Goal is below 8% 			
Blood pressure <ul style="list-style-type: none"> • Test every day or during every office visit • Goal is less than 140/90 			
Kidney tests (blood and urine tests) <ul style="list-style-type: none"> • eGFR (Blood Test) (estimated glomerular filtration rate) Test once a year • uACR (Urine Test) (urine albumin/creatinine ratio) Test once a year 			
Retinal eye exam <ul style="list-style-type: none"> • Test once a year 			
Foot exam <ul style="list-style-type: none"> • Test once a year 			

Use the chart above for guidelines on suggested diabetes tests and document results and dates completed. Please note: Your goals may be different than these. Please consult your doctor about individual targets.