

# Family and Friends Pact for Diabetes

Controlling diabetes can feel like a full-time job with a long list of responsibilities. Fortunately, family and friends can be a BIG support in helping their loved ones in a variety of ways.

Therefore, I pledge to support \_\_\_\_\_ in managing their diabetes by eating healthy, staying physically active, taking their medications, seeing their physician regularly, coping with stress, monitoring blood sugar and problem-solving any challenges that arise. I also understand that following these Diabetes Care Guidelines is an important way to help ensure good health for any person with diabetes.

## Diabetes Care Guidelines

TESTS/EXAMS	TIMING	GOALS
Hemoglobin A1C	Every 3-6 months	A1C < 7
Cholesterol	Once a year	LDL < 100
Blood Pressure	Every office visit	< 130/85
Home Glucose	1-4 times/day (per MD)	80-120
Urine Test	Once a year	Normal
Foot Exam	Once a year	Normal
Eye Exam	Once a year	Normal
Flu Vaccine	Every fall	Complete
Pneumonia Vaccine	Once before 65	Complete

**Please sign in this area to show your support  
(and commit to any specific activities):**