

General Annual Cycle of Care Guide for Adults with Diabetes

TEST	HOW OFTEN	TARGET RANGE
HbA1c	Three-six monthly	Generally ≤ 53 mmol/mol (7%)
Blood lipids (fats)	Yearly, or more often if above target	Total Cholesterol < 4 mmol/LLDL < 2 mmol/LHDL > 1 mmol/LTriglycerides < 2 mmol/L
Kidney function test	Yearly – more often if required	Discuss with doctor
Blood pressure	Every visit to doctor	$<130/80$ $<125/75$ if existing kidney problems
Foot examination	Daily self check; six monthly GP or Health Professional/podiatrist	
Eye examination	One to two yearly	
Teeth/gums	Six monthly	
Waist/weight	Six monthly	Discuss with your doctor
Medication review	Yearly	Pharmacist/GP
Self management education	Yearly	