### Blood tests*
- Before meal blood sugars: 90–130 mg/dL
- Post-meal (≈2.0 hrs) blood sugars: <180 mg/dL
- A1C: <7%
  - Quarterly if treatment changes or not at goal
  - At least 2 times a year if stable at goal
- Lipid profile
  - Yearly
  - LDL ("bad" cholesterol): <100 mg/dL
  - Triglycerides: <150 mg/dL
  - HDL ("good" cholesterol):
    - >40 mg/dL for males
    - >50 mg/dL for females

### Urine tests
- Microalbuminuria: <30 µg/mg creatinine
  - Yearly
- Urinalysis
  - Ketones, protein, sediment

### Eye Exam
- Dilated eye exam
  - Yearly

### Other tests (if indicated)
- Thyroid-stimulating hormone
- Electrocardiogram
- Dental exam

### Blood Pressure
- Blood pressure: <130/80 mmHg each diabetes visit

### Foot exams
- Visual exam
  - Each diabetes visit
- Comprehensive foot exam
  - At least yearly (more often in patients with high-risk foot conditions)

*Individual goals may be different
This material has been developed by GlaxoSmithKline.