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# YOUR DIABETES HEALTH ACCOUNT

By setting up a “diabetes health account” like the sample shown here, you can keep track of your health “assets” and “debts.” Your “debts” are the diabetes management areas you need to act on first to improve your health now and prevent diabetes-related complications down the line.

This example only shows entries for your HbA<sub>1c</sub> level, but to get the big picture, you will also want columns for blood pressure, blood cholesterol, triglycerides, microalbumin, and eye exam results. Talk to your health-care provider about what your goals are for these tests and how best to get to goal level.

Account status	HbA <sub>1c</sub> target	Your HbA <sub>1c</sub>
Lots of money in the bank	6.5% or less	
Some money in the bank	7.0% or less	
A little money in the bank	8.0% or less	
Not much money in the bank	9.0% or less	
Negative bank balance (debt)	More than 9.0	

Note: The format of this table is based on a chart included in the book *Know Your Numbers, Outlive Your Diabetes*, published by Marlowe & Company in January 2007.

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