Controlling your blood sugars, blood pressure, and cholesterol can help you feel better now and avoid health problems and health costs in the future. Following this plan and making these changes can help you take control of your health. A healthier future starts today!

Date: _______________  Educator: ______________________

Name: ______________________  Provider: ______________________

Goals: Things I need to work on and hope to improve over the next week.

1. __________________________________________________________________________
   __________________________________________________________________________

2. __________________________________________________________________________
   __________________________________________________________________________

Medicine Notes: Things we can do with my medicines to improve my health.

1. __________________________________________________________________________

2. __________________________________________________________________________

3. __________________________________________________________________________

4. __________________________________________________________________________

Sugar Testing: It is important to test at times that make sense for your medicines or goals.

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<th>Date</th>
<th>Before Breakfast</th>
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Please contact the Diabetes Team to talk about your goals and these changes by:

☐ Emailing your blood sugars, along with the date and time, to glucose@med.unc.edu

☐ Faxing this form to 919-966-4507

☐ Calling 919-843-0391 or 1-866-633-8002 (toll free)

*We look forward to hearing from you on ________ (day), _____________ (month), _______ (date)*

Controlling your diabetes can take time. But, if we work together, we can get things under control. Let us know if there is anything getting in the way of your success and what we can do to help you reach your goals.

If you have any questions, please call 919-843-0391 or 1-866-633-8002