



MNHealthScores  
**D5 Health >**  
**Tracker**

The best care for diabetes includes meeting the D5 goals. The D5 has five treatment goals to help you focus on actions that will lower your risk for health problems caused by diabetes.

The D5 Health Tracker helps you and your doctor or health care provider work together to achieve success with the D5 goals. To learn more, visit [MNHealthScores.org/D5](http://MNHealthScores.org/D5).

			MY SCORE	
	GOAL	MY GOAL	Date	Date
<b>1 CONTROL BLOOD PRESSURE</b> High blood pressure makes your heart work too hard. It can cause a heart attack, stroke or kidney disease.	BP less than <b>140/90</b> mmHg			
<b>2 LOWER BAD CHOLESTEROL</b> LDL or "bad" cholesterol can build up and clog your blood vessels. It can cause a heart attack or stroke. Ask your doctor about taking a statin.	Statin use as recommended			
<b>3 MAINTAIN BLOOD SUGAR</b> High blood glucose levels (too much sugar in your blood) can harm your heart, blood vessels, kidneys, feet and eyes.	A 1c less than <b>8%</b>			
<b>4 BE TOBACCO-FREE</b> Chemicals found in tobacco products, such as nicotine and tar, can narrow the blood vessels and damage your heart	<b>YES</b>			
<b>5 TAKE ASPIRIN AS RECOMMENDED</b> Taking aspirin can prevent harmful blood clots. Ask your doctor if taking aspirin is right for you.	<b>YES</b>			

## TAKING CARE OF MYSELF

My doctor and I are committed to improve my health and will use the Health Tracker to show my progress in reaching the D5 goals.

My next appointment is:

date

time

My doctor wants me to call if:

## BETWEEN NOW AND MY NEXT VISIT, I PLAN TO WORK ON:

**MORE EXERCISE:** An activity I would enjoy is:  minutes  times every week

**EATING HEALTH:**  Use less salt  Eat more lean meat  Drink water instead of soda or juice  
 Eat fruits and vegetables  times every day  Lower fat in my diet by eating less:

**HEALTHY BLOOD SUGAR LEVELS:**  Count carbohydrates at most of my meals  
 Test blood glucose at least  times every day  times every week

**BEING FREE OF TOBACCO:**  Attend a class to help stop smoking or using tobacco  
 Use a tool or product to help be tobacco-free

**TAKING ASPIRIN EVERY DAY:** My doctor recommends I take aspirin daily:  Yes  No

**OTHER:**