



My current health and wellbeing	
<b>Things I would like to discuss or have help with – please tick</b>	
Smoking	Blood Pressure
Weight Management & diet	Cholesterol control
Physical activity	Diabetes control
Driving	Eye Care
Pregnancy	Foot Care
Travel	Medications
Sexual Health	What to do when ill?
<b>Any questions I have?</b>	
<b>What is good or has improved about my health?</b>	
<b>Concerns I have about my current health and wellbeing</b>	
<b>MY GOALS:</b> To improve my health & wellbeing I want to be able to?	
<b>To achieve them I will need to do the following?</b>	
<b>How important are they to me?</b>	
<i>Not important</i> 1 2 3 4 5 6 7 8 9 10 <i>Important</i>	
<b>How long will this take?</b>	

Date:	Your target	Result 1	Result 2	National Targets
<b>Advice on Lifestyle:</b> <b>•Weight and Body Mass Index:</b>  <b>•Stop smoking: if you smoke</b>  <b>•Diet and Physical activity</b>	Kg BMI	1	1	≤25
		2	2	Non smoker
		3	3	Within 12 mths diagnosis
<b>Blood Pressure:</b> <b>• Yearly check:</b> High BP can cause heart disease, stroke, eye and kidney disease	Reading	4	4	140/80 or less
<b>Cholesterol and CKD Prevention</b> <b>• High cholesterol</b> can cause heart disease, stroke and poor circulation the legs with risk of amputation <b>• CKD: Chronic Kidney Disease</b> Prevention -Yearly kidney tests (Creatinine and UACR)	Cholesterol	5	5	Less than 5 mmol/l
	Creatinine UACR	6	6	Kidney tests yearly
<b>Diabetes Control:</b> <b>• HbA1c test:</b> measures the amount of glucose sticking to your blood in the last 2 months <b>• Hypo avoidance:</b> essential to avoid low glucose levels of less than 4 <b>• Driving:</b> Remember to check before driving: glucose 5 or more to drive	HbA1C Avoid Hypos	7	7	HbA1c 58 mmol/mol or less (7.5%)
<b>Eyes:</b> <b>•</b> It is important that your eyes are examined yearly. Treatment may be needed to stop blindness	Date last Check	8	8	Annual check
<b>Footcare:</b> <b>•</b> Examine your feet daily: check for heat (infection), ulcers, numbness, circulation. Yearly HCP examination.	Date last Check	9	9	Daily and annual check
<b>Guardian Drugs / Flu jab</b> <b>•</b> Take your medications as advised. Many are essential to avoid heart and kidney disease.		10	10	? taken regularly