

My patient portal PIN is:

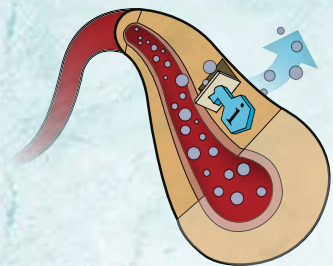


www.mycarecards.org

KNOW YOUR DIABETES PLAN



WHAT IS TYPE 2 DIABETES?



Type 2 Diabetes is a problem with your body's ability to use insulin. **Insulin** is like a key that unlocks your cells to let in glucose, or blood sugar. When insulin can not be used properly, glucose builds up in your blood stream causing high blood sugar, or **hyperglycemia**. Insulin therapy can treat this problem.

The opposite can occur when your blood stream has too little glucose, called **hypoglycemia**. This can be treated by eating a snack or taking glucose tablets.

It is important to monitor how your blood sugar levels are affected by food, medicine, and activity so you know when it is getting too high or too low.

Type I Diabetes

Only 5-10% of diabetics
Often diagnosed in childhood
Pancreas doesn't produce enough insulin
Insulin therapy is essential to treatment

VS.

Type II Diabetes

About 90% of diabetics
Often diagnosed in over 30
Body doesn't use insulin properly
Possible to reduce, stop, or never start medication at all

Care for diabetes usually includes:



Exercise



Eat Healthy



Get More Sleep



Reduce Stress



Manage Weight



Reduce Salt Intake



Take Meds Regularly



Check Blood Sugar



Quit Smoking



Drink Less Alcohol

Some of these are more important for you than others. Work with your doctor to create a diabetes care plan that is right for you.

...AND WHAT DOES IT MEAN FOR YOU?

Having diabetes means you have some lifestyle changes to make. It's not your fault that you developed this disease, but making sure you are healthy and happy is **up to you**.

Start today by setting a goal to better your health.

My goal is to...

WHAT IS A CARE PLAN ANYWAY?

It's not just for your doctor to worry about. Your care plan is a guide created by both you and your care team to improve your wellbeing. This means planning a way for you to actively manage your diabetes in the context of your overall health.

There is a better you out there, and this is the road map to get there.

Place your care cards here

I am committed to work towards managing my diabetes and bettering my health with this care plan.

X

Your Signature

X

Doctor's Signature

MY DIABETES PLAN

Name

Date of Birth

Patient ID

How are you doing with managing your diabetes?



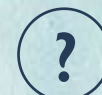
Excellent



Good



Not Good



Don't Know

What do you want to do better with?

- ☐ Exercise
- ☐ Reduce Salt Intake
- ☐ Eat Healthy
- ☐ Take Meds Regularly
- ☐ Get More Sleep
- ☐ Check Blood Sugar
- ☐ Reduce Stress
- ☐ Quit Smoking
- ☐ Manage Weight
- ☐ Drink Less Alcohol
- ☐ Other:

Next check-up:

Notes:

My patient portal PIN is:



www.heart.org/



www.familydoctor.org

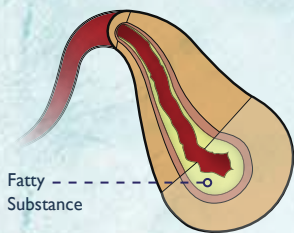
www.mycarecards.org

CONTROL YOUR



CHOLESTEROL

WHAT IS HIGH CHOLESTEROL?



Cholesterol is a substance in the fats of your blood that helps build healthy cells.

Having **high cholesterol** means too much of the substance builds up in your blood vessels, making it hard for blood to flow. When enough blood isn't carrying oxygen to your heart and brain, you have a higher risk for heart disease and stroke.

There are three types of cholesterol that make up your total cholesterol score.

	Normal	Borderline High	High
Total Cholesterol	less than 200 mg/dL	200-239 mg/dL	240 mg/dL and higher
LDL Cholesterol "good"	less than 130 mg/dL	130-159 mg/dL	160 mg/dL and higher
HDL Cholesterol "bad"	50 mg/dL and higher	40-49 mg/dL	less than 40 mg/dL
Triglycerides	less than 200 mg/dL	200-399 mg/dL	400 mg/dL and higher

My BP on: was: /

Care for diabetes usually includes:



Some of these are more important for you than others. Work with your doctor to create a cholesterol care plan that is right for you.

...AND WHAT DOES IT MEAN FOR YOU?

Having high cholesterol means you have some lifestyle changes to make. It's not your fault that you developed this disease, but making sure you are healthy and happy is **up to you**.

Start today by setting a goal to better your health.

My goal is to...

WHAT IS A CARE PLAN ANYWAY?

It's not just for your doctor to worry about. Your care plan is a guide created by both you and your care team to improve your wellbeing. This means planning a way for you to actively manage your cholesterol in the context of your overall health.

There is a better you out there, and this is the road map to get there.

Place your care cards here

I am committed to work towards managing my cholesterol and bettering my health with this care plan.

X

Your Signature

X

Doctor's Signature

MY CHOLESTEROL PLAN

Name

Date of Birth

Patient ID

How are you doing with your cholesterol?



What do you want to do better with?

- ☐ Exercise
- ☐ Eat Healthy
- ☐ Get More Sleep
- ☐ Reduce Stress
- ☐ Manage Weight
- ☐ Other:
- ☐ Reduce Salt Intake
- ☐ Take Meds Regularly
- ☐ Check Blood Pressure
- ☐ Quit Smoking
- ☐ Drink Less Alcohol

Next check-up:

Notes:

My patient portal PIN is:



**American
Heart
Association®**
Learn and Live

www.heart.org



wellocracy

www.wellocracy.com



FamilyDoctor.org
Health information for the whole family

www.familydoctor.org

www.mycarecards.org

MANAGE YOUR BLOOD PRESSURE



WHAT IS HIGH BLOOD PRESSURE?

Having **high blood pressure** means the force of blood against your artery walls is higher than normal. This can damage your blood vessels and increase your risk for problems like heart attack and stroke, even though you may not experience any symptoms.

Systolic, the top number, measures the pressure in your arteries when your heart beats. **Diastolic**, the bottom number, measures the pressure in your arteries when your heart is resting in between beats.

It's important to monitor your blood pressure regularly and understand what your numbers mean.



	Normal	Pre	Stage 1	Stage 2	Crisis
Systolic	less than 120 mm Hg	120-139 mm Hg	140-159 mm Hg	160+ mm Hg	180+ mm Hg
Diastolic	less than 80 mm Hg	80-89 mm Hg	90-99 mm Hg	100+ mm Hg	110+ mm Hg

My BP on: was: /

Care for high blood pressure usually includes:



Exercise



Eat Healthy



Get More Sleep



Reduce Stress



Manage Weight



Reduce Salt Intake



Take Meds Regularly



Check Blood Pressure



Quit Smoking



Drink Less Alcohol

Some of these are more important for you than others. Work with your doctor to create a blood pressure care plan that is right for you.

...AND WHAT DOES IT MEAN FOR ME?

Having high blood pressure means you have some lifestyle changes to make. It's not your fault that you developed this disease, but making sure you are healthy and happy is **up to you**.

Start today by setting a goal to better your health.

My goal is to...

WHAT IS A CARE PLAN ANYWAY?

It's not just for your doctor to worry about. Your care plan is a guide created by both you and your care team to improve your wellbeing. This means planning a way for you to actively manage your blood pressure in the context of your overall health.

There is a better you out there, and this is the road map to get there.

Place your care cards here

I am committed to work towards managing my blood pressure and bettering my health with this care plan.

X

Your Signature

X

Doctor's Signature

MY HYPERTENSION PLAN

Name

Date of Birth

Patient ID

How are you doing with your hypertension?



Excellent



Good



Not Good



Don't Know

What do you want to do better with?

- ☐ Exercise
- ☐ Reduce Salt Intake
- ☐ Eat Healthy
- ☐ Take Meds Regularly
- ☐ Get More Sleep
- ☐ Check Blood Pressure
- ☐ Reduce Stress
- ☐ Quit Smoking
- ☐ Manage Weight
- ☐ Drink Less Alcohol
- ☐ Other:

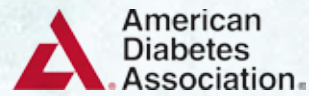
Next check-up:

Notes:

My patient portal PIN is:



www.heart.org



www.diabetes.org



www.wellocracy.com



www.familydoctor.org

mycarecards.org



HOW CAN I BETTER MY HEALTH?

Basic human health can be broken down into these main categories. Some of these are more important for you than others.

Work with your doctor to create a care plan that focuses on what is important to you.

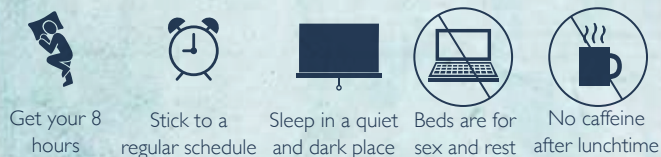
MOVE MORE



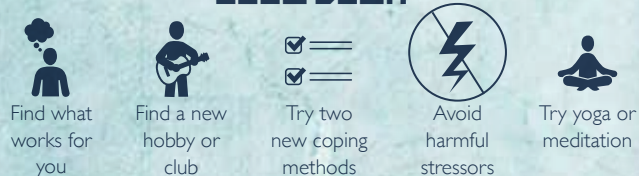
FOOD IS MEDICINE



GET MORE SLEEP



SLOW DOWN



QUIT SMOKING



DRINK LESS ALCOHOL



HOW DO I GET STARTED?

It's **up to you** to make sure you are healthy and happy. Start today by setting a goal to better your health.

My goal is to...

WHAT IS A CARE PLAN ANYWAY?

It's not just for your doctor to worry about. Your care plan is a guide created by both you and your care team to improve your life, health, and wellbeing.

There is a better you out there, and this is the road map to get there.

Place your care cards here

I am committed to work towards managing my blood pressure and bettering my health with this care plan.

X

Your Signature

X

Doctor's Signature

MY CARE PLAN

Name

Date of Birth

Patient ID

How are you feeling?



What do you want to do better with?

- ☐ Move More ☐ Slow Down
- ☐ Food is Medicine ☐ Quit Smoking
- ☐ Get More Sleep ☐ Drink Less Alcohol
- ☐ Other:

Next check-up:

Notes: