



WYhealth Diabetes Health Log

Keep track of your information with this Health Log. Be sure to bring it with you when you visit your doctor.

Doctor _____ Phone _____

Hospital _____ Phone _____

Pharmacy _____ Phone _____

Emergency Contact _____ Phone _____

| Doctor Exam | Standard Goal | My Goal | Date/ My Number | Date/ My Number | Date/ My Number | Date/ My Number |
|--|---|---------|--------------------|--------------------|--------------------|--------------------|
| Blood Pressure <i>(every visit)</i> | | | | | | |
| LDL Cholesterol <i>(yearly)</i> | | | | | | |
| HDL Cholesterol <i>(yearly)</i> | | | | | | |
| Total Cholesterol <i>(yearly)</i> | | | | | | |
| A1C Blood Test <i>(2-4 times per year)</i> | Between 6-8% (as determined by your doctor) | | | | | |
| Persistent Albuminuria <i>(spot urine test, yearly)</i> | Negative (less than 30mg/g) | | | | | |
| Current Weight <i>(every visit)</i> | | | | | | |
| Dilated Eye Exam <i>(yearly)</i> | | | | | | |
| Complete Foot Exam <i>(yearly)</i> | | | | | | |
| Blood Sugar Self-Testing <i>(ask your doctor)</i> | | | | | | |

Wyoming Department of Health

Medicaid: (307) 777-7531 • 866-571-0944

WYhealth Direct: (888) 545-1710

<https://health.wyo.gov/healthcarefin/medicaid/wyoming-medicaid-health-management/>



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| Vaccination | Date | | |
|--|------|--------|-----------|
| Influenza (flu) <i>(yearly)</i> | | | |
| Pneumonia <i>(ask your doctor)</i> | | | |
| Hepatitis B <i>(if unvaccinated, for ages 19-59; if older, ask your doctor)</i> | | | |
| Coronavirus-19 (COVID-19) <i>(if unvaccinated, ask your doctor about boosters/additional doses)</i> | | | |
| Medicine | Name | Dosage | Frequency |
| Statin* <i>(cholesterol)</i> | | | |
| ACE Inhibitor or ARB* <i>(blood pressure/heart/kidney)</i> | | | |
| Anti-Platelet* <i>(aspirin or other blood thinner)</i> | | | |
| Diabetes Medicine* | | | |
| Other Medicine | | | |
| Other Medicine | | | |
| Other Medicine | | | |

* Ask your doctor if this type of medicine is right for you.

| | | | | | |
|---------------------------|-------|-------|-------|-------|-------|
| Next Office Visit: | Date: | Date: | Date: | Date: | Date: |
|---------------------------|-------|-------|-------|-------|-------|



24/7 Nurse Line. Talk to registered nurses 24 hours a day, 7 days a week, 365 days a year! Speak to a nurse about pregnancy, health symptoms, medications, medical conditions, and more! Call: [\(888\)-545-1710](tel:888-545-1710).



Questions about what is covered under your Medicaid benefits? Call the Customer Service Center at (855)-294-2127 or check this website: <https://www.wyomingmedicaid.com/portal/MemberHome>

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