HealthPartners® Clinics

Understanding optimal diabetes care goals

The five optimal diabetes care goals shown below were designed to measure how well your diabetes is being managed. When all five goals are achieved, your risk for health problems associated with diabetes is greatly reduced. The HealthPartners Diabetes Team is available to help you reach your goals. Diabetes is a disease requiring daily attention. For this reason, you are the most important person of the HealthPartners Diabetes Team.

Guideline	Goal	What it is and why it's important
A1C	6.9% or less	Measures how well you have controlled your blood glucose in the last 12-16 weeks.
Blood Pressure	129/79 or less	Controlling your blood pressure can help prevent complications, such as heart disease, stroke, kidney disease and eye disease.
LDL	99 or less	Measures the level of "bad" cholesterol. Keeping this low will help prevent heart disease.
Tobacco use	Non-smoker	Smoking and diabetes increase your risk for heart disease and together your risk significantly increases.
Aspirin	Taken daily (unless advised otherwise by your doctor)	Reduces the tendency of blood to stick together, which helps reduce the risk for heart attack or stroke.

If you have any questions regarding your optimal disease care goals, please contact your primary care provider and let us reach our health goals together.

The following classes are available to you at any time throughout the year to give you the support you need to make healthy lifestyle choices:

- Preventing Diabetes
  Please call 952-967-7616 for times and class specifics
- Insulin Pump Management
  Please call 952-967-7616 for times and class specifics
- Managing Cholesterol
  Please call 952-967-7616 for times and class specifics
- Weight Loss Basics in a Nutshell
  Please call 952-967-7616 for times and class specifics

Depending on your insurance coverage, a fee to participate in certain classes may apply