

ADA Standards of Care

A1C is 1 of the criteria for the diagnosis of type 2 diabetes and prediabetes.
A1C \geq 6.5% is required for diabetes diagnosis.

Diagnostic Tests	Recommendation for Most Adults ^a	Schedule	Please Fill In	
			Date	Value/Status
A1C	<7.0%	Every 3 months if not at goal and every 6 months if at goal		
Fasting plasma glucose (FPG)	70 to 130 mg/dL	Before meals, as needed		
Postprandial plasma glucose (PPG)	<180 mg/dL	After meals, as needed		
Blood pressure	<140/80 mm Hg	At each routine visit		
LDL ^b	<100 mg/dL	At least annually or more if not meeting goal		
Triglycerides	<150 mg/dL	At least annually or more if not meeting goal		
HDL	>40 mg/dL (men) >50 mg/dL (women)	At least annually or more if not meeting goal		
Urinary albumin excretion	Normal is <30 mcg/mg creatinine	Annually		
Serum creatinine	Used to estimate glomerular filtration rate (GFR) and stage the level of chronic kidney disease (CKD) if present	Annually		
Comprehensive foot exam	Includes inspection, assessment of foot pulses, and a test for loss of protective sensation	Annually		
Eye exam	Comprehensive dilated eye exam	Annually		
Smoking	Smoking cessation is advised for all patients with diabetes	Routinely when appropriate		

^aGoals should be individualized.

^bA lower LDL goal of <70 mg/dL is recommended for those with overt CVD.

Reference:

American Diabetes Association. Standards of medical care in diabetes—2013. *Diabetes Care*. 2013;36(suppl 1):S11-S66.