

my numbers

Below are suggestions for appropriate lab results for individuals with diabetes, however, individuals may have different goals based on discussions with their care team.

Use the space below to track your lab values.

My Numbers	Goal	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS
A1C	Less than 7%								
Blood Pressure	<130/80 mmHg								
Lipid: LDL	Less than 100 mg/dL (or less than 70 mg/dL if high cardiovascular risk)								
Lipid: HDL	Greater than 40 mg/dL (men), greater than 50 mg/dL (women)								
Lipid: Triglycerides	Less than 150 mg/dL								
Kidney Function: eGFR	Greater than or equal to 60 mL/min/1.73m ²								
Kidney Function: UACR	Less than 30 mg/g								
Liver Function: ALT	Goal lab values may vary depending on the patient and provider's recommendations								
Liver Function: AST	Goal lab values may vary depending on the patient and provider's recommendations								
Thyroid Function Test	Goal lab values may vary depending on the patient and provider's recommendations								
Vitamin B12	Higher than 200 pg/ML								
Weight/BMI	BMI Categories (same for adult males and females) • Underweight: BMI less than 18.5 • Normal weight: BMI 18.5 to 24.9 • Overweight: BMI 25.0 to 29.9 • Obesity: BMI 30.0 or higher								

For detailed information for each test, review the Know Your Numbers page.