

Five goals for living well with diabetes



When it comes to treating diabetes, five is the magic number. Reaching the five treatment goals that make up the D5 not only lowers your risk for serious health problems like heart attacks and strokes, it puts you on a path to better health. Ask your doctor or health care provider how you can achieve success with the D5.

The D5 are recommended goals for patients with diabetes. Your goals may be different based on your individual needs. Talk with your doctor or health care provider about the D5 goals that are right for you.



1

BLOOD PRESSURE GOAL
BP less than 140/90mmHg

2

CHOLESTEROL GOAL
Statin use as recommended

3

BLOOD SUGAR GOAL
A1c less than 8%

4

TOBACCO FREE GOAL

5

ASPIRIN GOAL
As recommended

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