Therapie Aktiv
DIABETES IM GRIFF

AGREEMENT ON OBJECTIVES
Disease Management Programm Diabetes mellitus Typ 2

Insurance number _

First name _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ Surname _

Within the framework of the „Active Therapy – Diabetes under Control“ program, the following objectives have been agreed in consultation:

HbA1C reduction
Current HaB1C level:__,_ % HbA1C goal:__,_% by:

Blood pressure reduction
Current BP: __,__ mmHG BP goal: __,__mmHG by:

Reduction in tobacco consumption
Current consumption:_ _ cig/day Reduction goal: _ _ cig/day by:

Increased exercise
Following activities have been agreed
Activity 1:_ _ _ _ _ _ _ _ _ _ _ _ _ _ Duration/min:_ _ _ _ _: Frequency: - _ _ p week
Activity 2: _ _ _ _ _ _ _ _ _ _ _ _ _ _ Duration/min:_ _ _ _ _: Frequency: - _ _ p week

Weight reduction
Current weight: _ _ _ kg Goal weight: _ _ _ kg by:

Change to healthy eating habits:
The following changes in eating habits were agreed:

Progress table

Date								
HbA1C	__,__%							
Blood pressure	mmGH							
Cigarettes	cig/day							
Activity 1	min x							
Activity 2	min x							
Weight	kg							

_____ _____
Date, patient signature Date, physician signature