

Name \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_

Date of last metabolic \_\_\_\_\_

PCP \_\_\_\_\_

| Level of intervention needed | <b>Monitor:</b><br>+ Education<br>+ Prevention<br>+ Support            | <b>Needs attention:</b><br>+ Active support<br>+ Intensive counseling and education | <b>High need:</b><br>+ Holistic intervention<br>+ Active support<br>+ Intensive counseling and education | <b>Urgent need:</b><br>+ Action based plan<br>+ Holistic intervention |
|------------------------------|--|---|--|---|
| 10 yr risk of CV disease     | <5%  | 5-10%   | 10-20%   | >20%  |
| HbA1c                        | <5.7%<br>on meds   | 5.7-6.4%<br>on meds   | 6.5-7.9%<br>on meds  | >8%<br>on meds  |
| Smoking stage<br>____unknown | <b>PRECONTEMPLATION</b><br>(not ready yet)<br><br><b>Or non-smoker</b> | <b>CONTEMPLATION</b><br>(thinking about it, but not ready yet)                      | <b>PREPARATION</b><br>(Ready and willing to quit)  | <b>ACTION</b><br>(actively trying to quit)                            |
| BMI                          | <25  | 25-30   | 31-40  | >40   |
| ER visits                    | <3 visits  | 3-5 visits  | 6-10 visits  | >10 visits  |

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|                                      | <b>High need:</b>   | <b>Needs attention:</b>  | <b>Monitor:</b>   |
|--------------------------------------|---|--|---|
| Level of intervention needed         | + Holistic intervention<br>+ Active support<br>+ Intensive counseling and education | + Active support<br>+ Intensive counseling and education       | + Education<br>+ Prevention<br>+ Support                            |
| 10 yr risk of heart attack or stroke | 10-20%  | 5-10%  | <5%   |
| HgbA1c                               | ___ on meds   | ___ on meds  | ___ on meds   |
| On DM meds                           | 6.5-7.9%  | 5.7-6.4%   | <5.7%   |
| Not on DM meds                       |   |  |   |
| Smoking stage                        | <b>PREPARATION</b><br>(Ready and willing to quit)                                   | <b>CONTEMPLATION</b><br>(thinking about it, but not ready yet) | <b>PRE-CONTEMPLATION</b><br>(not ready yet)<br><b>Or NON-SMOKER</b> |
| BMI weight category                  | 30-39   | 25-29  | <25   |
| Hospitalizations                     | 6-10 visits   | 3-5 visits   | <3 visits   |