

Chronic Disease Management Plan

Patient Information

Patient Name: John Doe

Date of Birth: January 1, 1980

Patient ID: 123456

Provider Information

Provider Name: Dr. Jane Smith

Practice Name: Health Center

Contact Number: (555) 123-4567

Diagnosis

Type 2 Diabetes Mellitus

Goals of Care

- Maintain HbA1c levels below 7%.
- Promote a healthy lifestyle with diet and exercise.
- Prevent diabetes-related complications.

Management Strategies

Medications

Adhere to prescribed medications: Metformin 1000mg twice daily.

Monitoring

Self-monitor blood glucose levels daily.

Schedule follow-up appointments every 3 months.

Education

Attend diabetes management classes by [insert date].

Emergency Plan

Contact emergency services if experiencing symptoms of hypoglycemia or hyperglycemia.

Signature

Provider Signature: _____

Date: _____