

# 5 Year Plan

Patient Information		
<b>Name:</b> Jonathan Evans	<b>Date of Birth</b> January 20, 1975	<b>Record Number:</b>  ABC12345678
<b>Phone:</b> 555-1234	<b>Emergency Contact Details:</b> Mary Evans 555-1235 / m.evans@email.com	<b>Date of Last Update:</b> Nov 29, 2023
<b>E-mail:</b> j.evans@em.com		
Patient Assessment		
Initial Evaluation		
<b>Medical History and Physical Examination:</b> Hypertension, Type 2 Diabetes Overweight, BP 140/90, A1C 7.5%	<b>Diagnostic Tests and Baseline Health Status:</b> ECG normal, Bloodwork scheduled. Baseline health stable, needs weight management.	
Annual Re-assessment		
<b>Health Status Update:</b> As needed; recommend reassessment in 6 months		
<b>Medical History Review:</b> Everything looks normal and as expected		
<b>Follow-up Tests:</b> Annual bloodwork, biannual A1C		

Goal Setting	
Short-term Goals (Update yearly)	Long-term Goals (5 years and up)
Goal 1: Reduce A1C to <7% Goal 2: Lower BP to 130/80	Goal 1: Maintain healthy weight Goal 2: Manage Diabetes without insulin

<b>Treatment Plan</b>	
<b>Year 1: Initial Treatment Strategy</b>	
<b>Medication Plan, Therapies, and Lifestyle Changes</b> Medication Plan: Metformin, Lisinopril Therapies: Diet consultation, Exercise regimen Lifestyle Changes: Low carb diet, 30 min daily exercise	
<b>Years 2-5: Adjustments Based on Progress</b>	
Treatment modifications: Assess annually New therapies: Consider as needed	
<b>Monitoring and Follow-up</b>	
<b>Regular Monitoring Schedule</b>	<b>Key Metrics for Monitoring Progress</b>
<b>Visit Frequency and Check-ins</b> Visit Frequency: Every 3 months Telehealth Check-ins: Monthly	<b>Metric 1</b> HbA1c Levels  <b>Metric 2</b> Blood sugar level  <b>Metric 3</b> Cholesterol Levels

<b>Contingency Planning</b>	
<b>Addressing Complications</b>	
Monitor for signs of heart disease	
<b>Emergency Plan</b>	
ER visit for chest pain, severe hypo/hyperglycemia	
<b>Review and Update</b>	
<b>Last Annual Review:</b> Nov 20, 2023	<b>Next Annual Review:</b> Nov 20, 2024

Annual Review	Plan Adjustments
With primary care physician; see initial eval for 2023 annual review results. write here when next annual review done	No adjustments necessary yet; will add when 2024 review done
Contacts and Resource List	
Care Team Contacts	Resources for Patient
Nurse: Sarah Miller, Contact: 555-6789 Primary Care Physician: Dr. James Lee, Contact: 555-9876 Pharmacist: David Green, ABC Pharmacy, Contact: 555-1122 Dietician: Emily Roberts, Contact: 555-3344 Exercise Coach: Mark Thompson, Contact:	Diabetes Health Center: <a href="http://www.diabeteshealthcenter.com">www.diabeteshealthcenter.com</a> Living Well with Diabetes: <a href="http://www.livingwelldiabetes.org">www.livingwelldiabetes.org</a> Healthy Living with Diabetes: Meeting every Thursday at Community Center, Contact: 555-7788 Diabetes Support Network: Online forum, <a href="http://www.diabetessupportnetwork.org">www.diabetessupportnetwork.org</a>

Additional Notes
Empty space for additional notes