

Manage Your Diabetes

With These Important Tests and Exams

Test Every

3

Months

A1C Tests*

The A1C test gives you a picture of your average blood glucose (blood sugar) control for the past 2-3 months.



Test Every

12

Months

Cholesterol Tests*

Have your cholesterol checked every year, or more often if recommended by your doctor.



At each
doctor
visit

Blood Pressure*

Diabetes may increase your risk of developing high blood pressure. Oftentimes, you may not have any symptoms from high blood pressure.

Test Every

12

Months

Urine Tests

To check for kidney problems, your health care provider can perform a urine test that measures the amount of protein (albumin) in your urine.



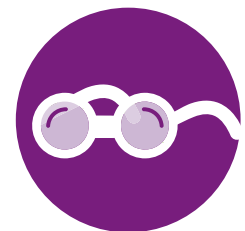
Test Every

12

Months

Eye Exams

You should have an annual dilated retinal eye exam, no matter how short a time you have had diabetes. More frequent exams may be needed if you have eye disease.



This is a medical test and is usually in addition to your vision benefit.

Visit www.cdphp.com/diabetes for more information and tips.

** Individual goals may vary. Speak with your doctor to determine yours.*



Take Charge of Your Diabetes

This list of items for proper diabetes care is recommended by the American Diabetes Association (ADA) and the NYS Department of Health’s Diabetes Prevention and Control Program. Take this to your doctor and diabetes educator when you visit them so that **YOU** can take charge of your diabetes.

Tests (How often)	ADA Goal	My Goal	Date of Visit			
			Results			
Hemoglobin A1C* (every 3-6 months)	Below 7%					
Blood Pressure* (each visit)	Below 140/90					
Cholesterol (yearly)	TOTAL	Discuss goals with your doctor				
	LDL					
	HDL					
Triglycerides (yearly)						
Dilated Retinal Eye Exam (yearly)						
Urine Test for Protein (yearly)						
Foot Exam (each visit)						
Dental Exam (every 6 months)						
Flu Vaccine (yearly)						
Pneumonia Vaccine (discuss schedule with your doctor)						
Weight						

* Individual goals may vary. Speak with your doctor to determine yours.



A plan for life.