

Your Diabetes Check List

This Diabetes Check List is a guide to help you keep your diabetes in control. Use this checklist every time you visit your primary care provider (PCP).



At **each** visit, you should ask about:

The medicines you are taking.

The blood sugar log you keep.

Your blood pressure. If it is high, it can cause problems with your heart.

Your weight. Most people who have diabetes are overweight. Losing a little weight will improve your health.

Your feet. Some people with diabetes lose feeling in their feet. You may have cuts or bruises on your feet and not know it.

At least **2 to 4 times** a year, you should:

Get an A1C Test. This test tells you the level of sugar in your blood over the past few months. You want to score a 7 or less.

At least **1 time** a year, you should ask your PCP to have your:



Feet tested

This is called a monofilament test. It will tell you if the nerves in your feet are working right.



Urine tested

This is called a micro albumin test. It will tell you if there is protein in your urine. Protein in the urine may be a sign of kidney disease.



Blood tested

This is called a lipid profile test. It looks for fat in your blood. Fat in your blood can cause heart problems.



Eyes tested

This is called a dilated eye exam. Sometimes, diabetes can cause eye problems or make you blind.



Flu shot

The flu shot is recommended each year for all people who are at high-risk. People with diabetes are at high-risk.

Use this guide every time you see your PCP. By using this guide, you can find problems early. Treating problems early is your best protection!