



# DIABETES CARE SCHEDULE

TAKE GOOD CARE OF YOURSELF



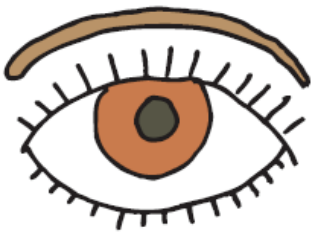
## Every 3 Months

- Diabetes visit with your provider
- A1C blood test
  - Every 3 months if your blood sugar (glucose) number is *too high*
- Blood pressure check
- Weight check
- Review self care and health goals



## Every 6 Months

- A1C blood test
  - Every 6 months if your blood sugar (glucose) number is *good*
- Teeth and gum exam by your dentist



## Every Year

- Foot exam
- Check cholesterol and other body fats (lipid profile test)
- Eye exam by an eye doctor
- Flu shot
- Kidney tests (urine test)

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Adapted from [www.learningaboutdiabetes.com](http://www.learningaboutdiabetes.com)  
November 2011