

# 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!