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)

Adapted from www.learningaboutdiabetes.com
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