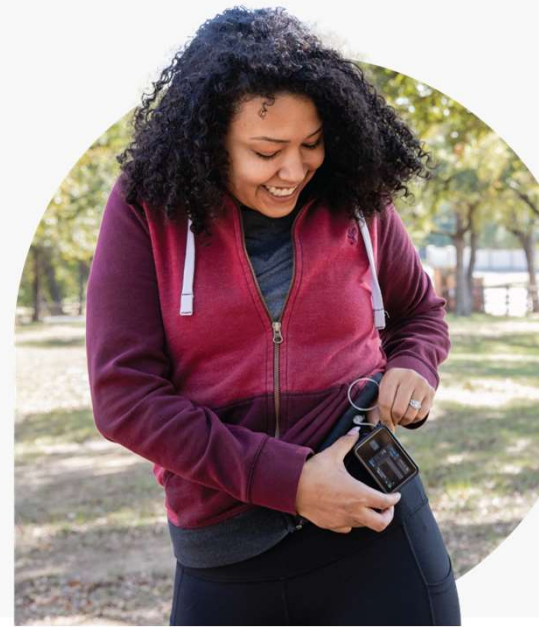


# Managing Diabetes

Managing diabetes involves daily care, lab tests, and the help of your health care team. Use this list to stay on schedule with self-checks, exams, and appointments throughout the year.



## Everyday

- ☐ Glucose monitoring or blood sugar checks
- ☐ Self-check of your feet
- ☐ Diabetes medication
- ☐ Physical activity
- ☐ Healthy eating and drinking water

## Every 3 months

- ☐ A1C test: If your treatment has changed or you're having trouble meeting your blood sugar goals, repeat this test every 3 months.
- ☐ Doctor visit: If you're having trouble meeting your treatment goals, visit your doctor every 3 months. Ask your doctor to check your feet if you've ever had diabetes-related foot problems.

## Every 6 months

- ☐ A1C test: If you're meeting your treatment and blood sugar goals, repeat this test every 6 months.
- ☐ Doctor visit: If you're meeting your treatment goals, visit your doctor every 6 months. Ask your doctor to check your feet if you've ever had diabetes-related foot problems.

## Every Year

- ☐ Flu shot
- ☐ Kidney tests
- ☐ Cholesterol test
- ☐ Hearing check
- ☐ Dilated eye exam (more often if you have diabetes-related eye problems)
- ☐ Complete foot check
- ☐ Dental exam

## Just Once

- ☐ CDC recommends that healthy adults 50 years and older get two doses of the shingles vaccine
- ☐ Get a pneumonia shot as an adult before you're 65 (you'll need two more doses when you're 65 or older)
- ☐ Get a hepatitis B shot if you're 60 or younger and haven't had the shot before. Talk to your doctor about getting the shot if you're over 60

## As needed

- ☐ Mental Health check
- ☐ Call your doctor if you notice new or worsening symptoms

\*These guidelines are provided by Center for Disease Control and Prevention (CDC) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

Content Sourced from the CDC <https://www.cdc.gov/diabetes/treatment/your-diabetes-care-schedule.html>

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