

Diabetes care

	How often	Goal	Your results (fill in your information)
A1C blood test checks blood sugar control	<ul style="list-style-type: none"> • Every six months 	<ul style="list-style-type: none"> • 7% or less but may be higher for some people 	Results: Date done: Date due:
Blood pressure	<ul style="list-style-type: none"> • Every visit 	<ul style="list-style-type: none"> • Under 140/90 mmHg 	Results: Date done:
Statin medication to lower risk of heart attack	<ul style="list-style-type: none"> • Take every day 	<ul style="list-style-type: none"> • Taking a statin 	Name of statin medication:
Kidney health evaluation	<ul style="list-style-type: none"> • Every year 	<ul style="list-style-type: none"> • Urine microalbumin to creatinine ratio of less than 30 • Normal serum creatinine 	Results: Date done:
Eye exam	<ul style="list-style-type: none"> • Every year if your last exam was not normal • Every two years if your last exam was normal 	<ul style="list-style-type: none"> • No diabetic retinopathy 	Date done: Date due:
Foot exam <ul style="list-style-type: none"> • Look at feet • Check pulses • Test feeling 	<ul style="list-style-type: none"> • Every year if your previous exam was normal • Every visit if foot problems are identified 	<ul style="list-style-type: none"> • No changes in corns or calluses, no cuts or sores, no redness, no swollen areas, no drainage • No loss of feeling 	Date done:
Tobacco use	<ul style="list-style-type: none"> • Ask every visit 	<ul style="list-style-type: none"> • No tobacco use • If you smoke or use tobacco, get help to stop. Go to: YesQuit.org or call 877.937.7848. 	

How often do you need to see your doctor for your diabetes?

- If your A1C is at goal and you do not take insulin: at least every six months
- If your A1C is not at goal or you take insulin: at least every three months



Need to find a provider, ask a general health question or get guidance on where to go for care? Contact the HealthAccess Center at **844.279.7589** or HealthAccess@BSWHealth.org.