DIABETES CARE SCHEDULE
TAKE GOOD CARE OF YOURSELF

Every 3 Months

• Regular doctor's office visit
• A1C blood test
  Every 3 months if your blood sugar (glucose) number is too high
• Blood pressure check
• Weight check
• Foot check

Every 6 Months

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

Every Year

• Physical check-up (exam) by your doctor
• Complete foot exam
• Check cholesterol and other body fats (lipid profile test)
• Complete (dilated) eye exam by an eye doctor
• Flu shot
• Kidney tests