

### Beyond Your Blood Sugar

Use the following chart to help you understand what tests and exams you may need, why they matter, and how often you may need them. Don't be afraid to ask your doctor questions. Be sure you know what tests and exams you may need and what they're for.

Name: \_\_\_\_\_

Test, Exam or Shot	Why It Matters	When to Have It*
<b>A1C</b>	Tells you about your average blood sugar over the last 2-3 months.	Every three to six months
<b>Blood Pressure</b>	Help you and your doctor make a plan to decrease your risk of having a stroke or damaging your kidneys or eyes.	Every visit
<b>Cholesterol</b>	Test results help you and your doctor plan how to prevent a heart attack or stroke.	Once a year
<b>Diabetes Education</b>	Help you understand what you can do to manage your diabetes and live a full and healthy life.	At the time diabetes is diagnosed and as needed after that
<b>Dilated Eye Exam</b>	See if your eyes are healthy and if there are any signs of problems.	Once a year
<b>Foot Exam</b>	Check how your foot nerves and circulation are working.	Brief at every visit and complete once a year
<b>Flu (<i>Influenza</i>) Shot</b>	Prevent the flu. Flu is especially hard on people with diabetes.	Once a year
<b>Kidney Exam</b>	Check your urine and blood to see how well your kidneys are working.	Once a year
<b>Nutrition Counseling</b>	Help you understand how and what to eat to reach your goals for your overall health and your diabetes control.	When diabetes is diagnosed and then as needed
<b>Pneumonia Shot</b>	Prevent pneumonia.	Age 65+ once; Under age 65 once, but you may need a second one after you turn 65

\*These are general guidelines of the American Diabetes Association 2011 Standards of Medical Care; you and your doctor or nurse practitioner may use a different timeline.

**SOURCE:** Centers for Disease Control and Prevention, 2012.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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