

Knowledge Is Power

The more you know about diabetes, the more power you can have over this disease. A great way to start is to learn about the exams or tests you need. Diabetes can affect many parts of your body. Because of this, you need to have regular checkups to catch problems early. You also need to know your results. Remember, knowledge is power!

On the back of this sheet is a diabetes exam log. You can write the results of your tests on it to track your progress. Take this sheet with you to the doctor. Your doctor can help you fill out the form. Ask what your target results should be. They are not the same for everyone. Keep this log where you will remember to take it with you to the doctor.

Know your numbers

Blood pressure

Try to keep this below 120/80 to lower your risk of heart and blood vessel problems.

Foot exam

Check your feet daily for redness, cuts, sores and blisters. Your doctor should also check your feet at every visit.

Track your weight

Even small changes in weight can make a big difference in your blood sugar levels.

Dilated eye exam (1 time a year)

Make sure the eye doctor dilates your eyes to check your retina. This is important even if you can see fine. They can catch and treat eye problems early and save your vision.

A1C (at least 2 times a year)

This test tells your average blood sugar level over the last 3 months. This should usually be less than 7.

LDL level (1 time a year)

This is the “bad” cholesterol. Keep it under 100.

Microalbumin test (1 time a year)

This tests for protein in the urine, which is often the first sign of kidney problems.



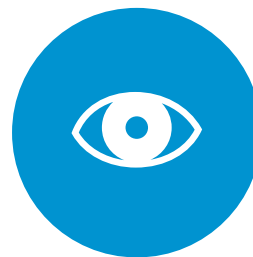
Heart

Get your blood tested.



Kidneys

Get your urine tested.



Eyes

Get your eyes tested.

Knowledge Is Power

Take this form with you to every doctor visit.

Diabetes exam log for: _____ Date: _____

Doctor name: _____ Doctor phone number: _____

Blood pressure (each visit)				Usual goal: below 120/80				My target:			
Date											
Result											

Foot exam (each visit)								My target:			
Date											
Result											

Weight (each visit)								My target:			
Date											
Result											

HbA1C (every 3 to 6 months)				Usual goal: below 7				My target:			
Date											
Result											

Dilated eye exam (1 time a year)								My target:			
Date											
Result											

Low-density lipoprotein (LDL) (1 time a year)				Usual goal: below 100				My target:			
Date											
Result											

Microalbumin (1 time a year)								My target:			
Date											
Result											

If you have questions about diabetes or would like to speak to a nurse, please call 1-888-632-0009.

This is to help you learn about your health condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, 7 days a week at **1-888-756-0004**. For TTY, call **1-866-428-7588**.

ACLA-1622-09

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể có thông tin này thông dịch ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi Dịch vụ Thành viên phục vụ 24 giờ/ngày, 7 ngày/tuần theo số **1-888-756-0004**. Đối với người sử dụng TTY, xin gọi số **1-866-428-7588**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede tener esto interpretado por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004** las 24 horas del día, los 7 días de la semana. Para TTY, llame al **1-866-428-7588**.



www.amerihealthcaritasla.com