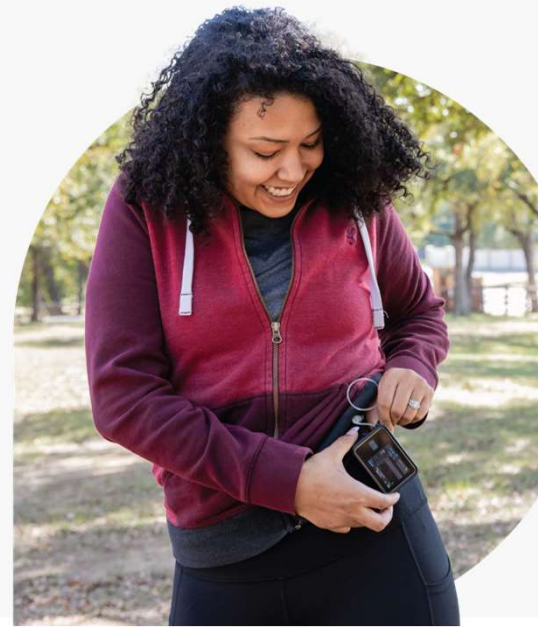


Managing Diabetes

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>

Visit accessrga.com to log in to your member portal or if you have any questions, contact us by calling the Customer Care number on the back of your Member ID card.

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