

Take the tests, know your scores

How can you stay well when you have diabetes? By taking care of your body from head to toe. Part of that care is getting regular tests and screenings. The tear-off card at the right lists the tests you may need. Take it with you to your next doctor visit. Your doctor can tell you which tests you need and when you need them. You can also talk about the goals you want to reach. Your doctor may suggest other health tests, such as body mass index (BMI), breast, cervical and colon screenings.

Sources: American Diabetes Association, www.diabetes.org; American Kidney Fund, www.kidneyfund.org; National Diabetes Education Program, www.ndep.nih.gov; National Kidney Disease Education Program, www.nkdep.nih.gov

Talk to your doctor about which tests and goals are right for you.

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Test: **A1C**

When: 2 to 4 times a year

Goal: Less than 7%

Dates: _____ Results: _____

The tests you may need

A1C Test

This blood test shows your average blood sugar level over the past two to three months. It's a good way to tell if your diabetes is under control.

Blood Pressure Check

With diabetes, you have a risk of having high blood pressure. Keep it at a healthy level to help lower your risk of a heart attack, stroke or kidney damage.

Cholesterol Test

This blood test checks your levels of LDL (or "bad") cholesterol; HDL (or "good") cholesterol; and triglycerides. Having diabetes puts you at risk for heart disease. Have these tests as part of your plan for a healthy heart.

Kidney Function Tests

A **microalbumin test** checks for protein in your urine. It can show early signs of kidney damage.

A **creatinine test** is a blood test. It measures how well your kidneys work.

Eye Exams

Help protect your eyes. Make sure to have a dilated retinal eye exam and a glaucoma test. These exams are in addition to your routine vision check. They should be done by an ophthalmologist or an optometrist.

About Medicines

Your doctor may tell you to take:

- Pills or insulin to help control your blood sugar.
- Blood pressure medicine to help control your blood pressure.
- Cholesterol medicine to help lower the risk of heart disease.
- ACE or ARB medicine to help prevent kidney problems.

Make sure to take these drugs just as your doctor ordered. Exercise and eat right to help you feel better.

Foot Exam

High blood sugar from diabetes can hurt your feet. It can damage your nerves so that you don't feel heat, cold or pain in your feet. It can also slow down the blood flow to your feet. A doctor can check for these problems during your regular checkups.

Flu and Pneumonia Shots

Flu and pneumonia can cause serious health problems. They can be even more harmful for people with diabetes. Getting a flu shot every year can help you stay healthy. So can getting a pneumonia shot at least one time in your lifetime. If you're under 65, ask your doctor about getting another pneumonia shot 5 to 10 years after your first one.

Test: **Blood Pressure**

When: Each doctor visit

Goal: Less than 130/80mmHg

Dates: _____ Results: _____

Test: **Cholesterol**

When: At least one time a year

Goals: LDL less than 100mg/dl

HDL greater than 40mg/dl (men)

HDL greater than 50mg/dl (women)

Triglycerides less than 150mg/dl

Dates: _____ Results: _____

Kidney Function Tests

Test: **Urine Microalbumin**

When: One time a year

Date: _____ Result: _____

Test: **Blood Creatinine**

When: One time a year

Date: _____ Result: _____

Eye Exam

Test: **Dilated Retinal Eye Exam**

When: One time a year

Date: _____ Result: _____

Test: **Glaucoma Screening**

When: Every one to two years

Date: _____ Result: _____

Test: **Foot Exam**

When: Each doctor visit

Dates: _____ Results: _____

Vaccine: **Flu Shot**

When: One time a year

Date: _____

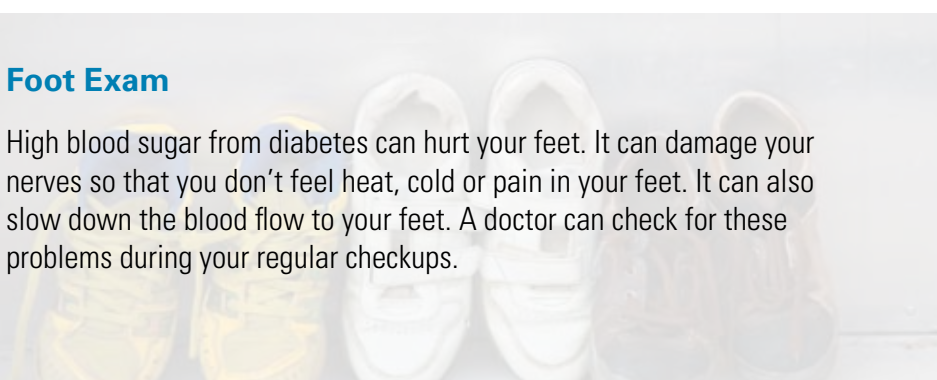
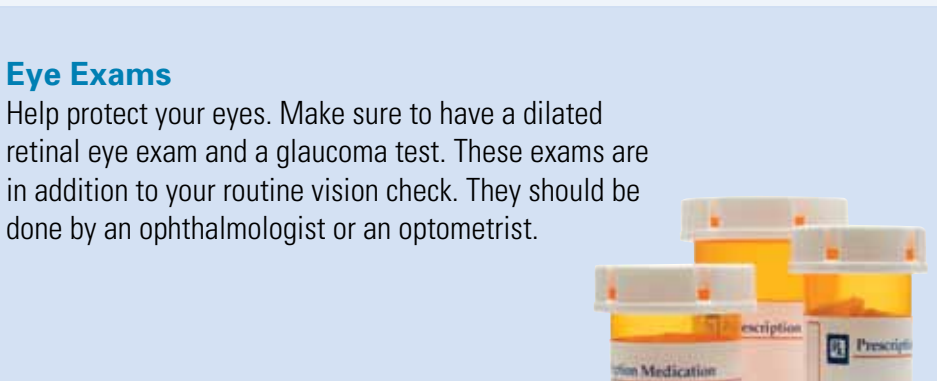
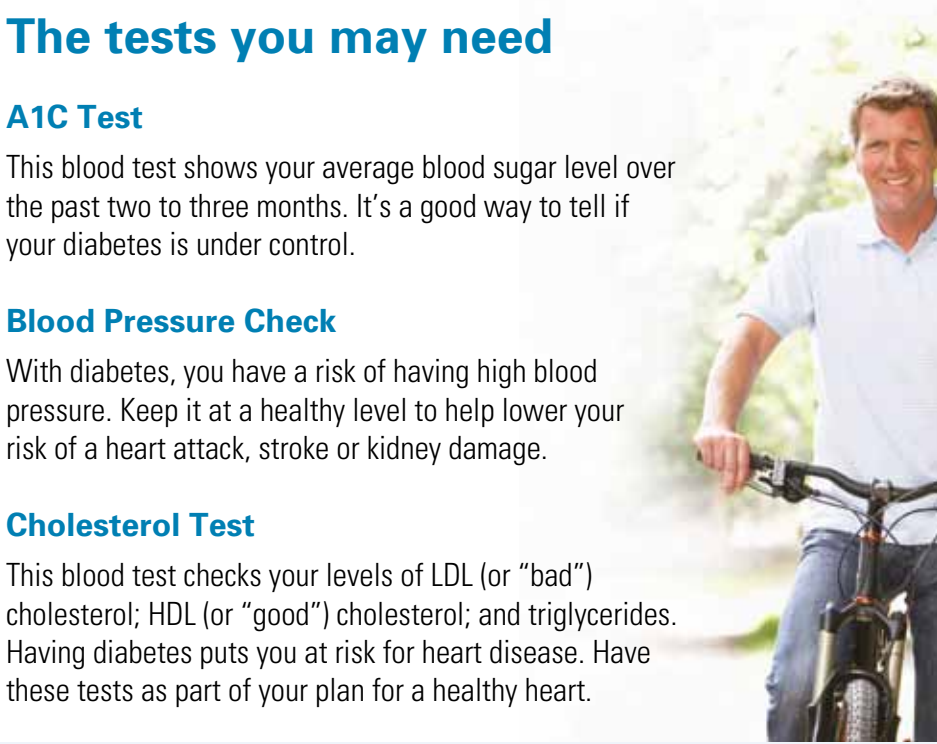
Vaccine: **Pneumonia Shot**

When: One time*

Date: _____

*People under 65 should ask their doctor about getting another shot 5-10 years after their first one.

Cut along this dotted line and fold as shown.





Start today by seeing your doctor and tracking your numbers

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