



POWERoverdiabetes

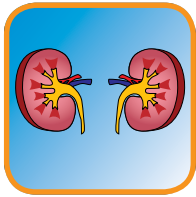
Knowledge is Power!

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 check-ups—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.



Kidneys: get your urine tested!

Know your numbers.

Blood pressure: Try to keep this below 130/80 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.

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

Dilated eye exam (once 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.

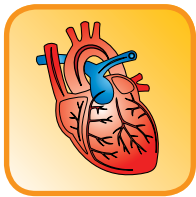
A1C (at least twice a year): This test tells your average blood sugar level over the last 3 months. This should usually be less than 7.

LDL level (once a year): This is the “bad” cholesterol. Keep it under 100.

Microalbumin test (once a year): This tests for protein in the urine, which is often the first sign of kidney problems.



Eyes: get your eyes tested!



Heart: get your blood tested!

In control



FirstChoice
by Select Health of South Carolina
Your Hometown Health Plan

South Carolina
HealthyConnections

Diabetes exam log for:

Date:

Doctor name

Doctor phone

Blood Pressure (each visit) Usual goal: below 130/80 My target: _____

Date									
Result									

Foot Exam (each visit)

Date									
Result									

Weight (each visit) My target: _____

Date									
Result									

A1C (every 3 to 6 months) Usual goal: below 7 My target: _____

Date									
Result									

Dilated Eye Exam (once a year)

Date					
Result					

LDL Level (once a year) Usual goal: below 100 My target: _____

Date				
Result				

Microalbumin (once a year)

Date				
Result				

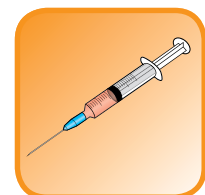
Flu Shot (once a year)

Date				
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If you have any questions about diabetes or would like to speak to a nurse, please call 888.559.1010.



Feet: get your feet tested!



Flu shot: get a flu shot!