



Diabetes Care Checklist

to enjoy an active, healthy life



Know Your A1C

- Check this at least 2 times a year
- Aim to get your level below 7%

A1C	Blood Sugar Levels (daily average over 3 months)
6%	126
7%	154
8%	183
9%	212
10%	240
11%	269
12%	298



Get a Cholesterol Test

- At least once a year
- Ask your doctor what your cholesterol numbers should be



Schedule an Eye Exam

- Once a year
- The dilated retinal exam (DRE) is different from a routine eye exam. No referral is needed and it's a covered benefit. Schedule your visit today.

Date: _____ Time: _____

Eye Doctor: _____

Phone Number: _____



Check Your Blood Pressure

- Every time you visit the doctor
- Aim for less than 140/90



Check Your Feet

- Every day to make sure you don't have cuts or sores
- Get a foot exam at least once a year



Check Your Kidney Health

- Once a year
- A eGFR test will check how well your kidneys filter your blood
- A uACR will check for kidney damage

Additional Resources:

- **Diabetes Self-Management Class**
Sign up on the IEHP Member Portal or at iehp.org
- **American Diabetes Association**
www.diabetes.org

