

Diabetes care

	How often	Goal	Your results (fill in your information)
A1C blood test checks blood sugar control	<ul style="list-style-type: none">• Every six months	<ul style="list-style-type: none">• 7% or less but may be higher for some people	Results: Date done: Date due:
Blood pressure	<ul style="list-style-type: none">• Every visit	<ul style="list-style-type: none">• Under 140/90 mmHg	Results: Date done:
Statin medication to lower risk of heart attack	<ul style="list-style-type: none">• Take every day	<ul style="list-style-type: none">• Taking a statin	Name of statin medication:
Kidney health evaluation	<ul style="list-style-type: none">• Every year	<ul style="list-style-type: none">• Urine microalbumin to creatinine ratio of less than 30• Normal serum creatinine	Results: Date done:
Eye exam	<ul style="list-style-type: none">• Every year if your last exam was not normal• Every two years if your last exam was normal	<ul style="list-style-type: none">• No diabetic retinopathy	Date done: Date due:
Foot exam <ul style="list-style-type: none">• Look at feet• Check pulses• Test feeling	<ul style="list-style-type: none">• Every year if your previous exam was normal• Every visit if foot problems are identified	<ul style="list-style-type: none">• No changes in corns or calluses, no cuts or sores, no redness, no swollen areas, no drainage• No loss of feeling	Date done:
Tobacco use	<ul style="list-style-type: none">• Ask every visit	<ul style="list-style-type: none">• No tobacco use• If you smoke or use tobacco, get help to stop. Go to: YesQuit.org or call 877.937.7848.	

How often do you need to see your doctor for your diabetes?

- If your A1C is at goal and you do not take insulin: at least every six months
- If your A1C is not at goal or you take insulin: at least every three months



Baylor Scott & White
HEALTH

Need to find a provider, ask a general health question or get guidance on where to go for care? Contact the HealthAccess Center at **844.279.7589** or **HealthAccess@BSWHealth.org**.

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