

Your Diabetes Care Road Map

Routine screenings can monitor how well your diabetes plan is working and help you catch issues early – before they become serious. Use this checklist to stay on track.

At Least Twice a Year

- ✓ Primary care doctor or endocrinologist visit
- ✓ Blood pressure check (at every doctor's visit)
- ✓ A1C test (a blood test that measures your average blood sugar over the past two or three months)

At Least Once a Year

- ✓ Eye doctor visit and a dilated eye exam
- ✓ Dental exam and cleaning (maybe twice a year if needed)
- ✓ Podiatrist visit and complete foot check
- ✓ Cholesterol and triglyceride tests
- ✓ Kidney disease screenings (including a glomerular filtration rate blood test and an albumin-to-creatinine ratio urine test)