

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 exam log. 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.

Know your numbers

Blood pressure

Try to keep this below 120/80 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.

Track your weight

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

Dilated eye exam (1 time 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 2 times a year)

This test tells your average blood sugar level over the last 3 months. This should usually be less than 7.

LDL level (1 time a year)

This is the “bad” cholesterol. Keep it under 100.

Microalbumin test (1 time a year)

This tests for protein in the urine, which is often the first sign of kidney problems.



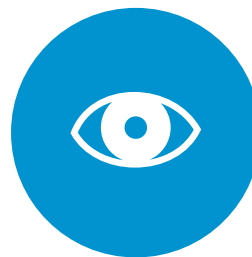
Heart

Get your blood tested.



Kidneys

Get your urine tested.



Eyes

Get your eyes tested.

Knowledge Is Power

Take this form with you to every doctor visit.

Diabetes exam log for: _____ Date: _____

Doctor name: _____ Doctor phone number: _____

Blood pressure (each visit)		Usual goal: below 120/80				My target:			
Date									
Result									

Foot exam (each visit)						My target:			
Date									
Result									

Weight (each visit)						My target:			
Date									
Result									

HbA1C (every 3 to 6 months)		Usual goal: below 7				My target:			
Date									
Result									

Dilated eye exam (1 time a year)						My target:			
Date									
Result									

Low-density lipoprotein (LDL) (1 time a year)		Usual goal: below 100				My target:			
Date									
Result									

Microalbumin (1 time a year)						My target:			
Date									
Result									

If you have any questions about diabetes or would like to speak to a nurse, please call 1-877-759-6279.

This is to help you learn about your health condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.

If you need this information in English, contact Member Services by calling 202-408-4720 or 1-800-408-7511, 24 hours a day.

Si necesita esta información en español, comuníquese con Servicios al Miembro llamando al 202-408-4720 o 1-800-408-7511, las 24 horas del día.

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إذا احتجت إلى هذه المعلومات باللغة العربية، يرجى الاتصال بفريق خدمة الأعضاء على الرقم 202-408-4720 أو الرقم 1-800-408-7511، وذلك على مدار الساعة.


Si vous avez besoin de ces renseignements en français, veuillez contacter les Services aux membres en appelant au 202-408-4720 ou au 1-800-408-7511, 24 heures sur 24.

如果您需要用中文獲得此資訊，可每天 24 小時致電 202-408-4720 或 1-800-408-7511，聯絡會員服務部。

Se necessitar estas informações em Português, entre em contato com o Serviços para Associados ligando para 202-408-4720 ou 1-800-408-7511, 24 horas por dia.

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AmeriHealth Caritas
 District of Columbia
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