

# Diabetes Routine Care

*Many people avoid going to the doctor.*

*But, once you learn you have diabetes, it is important to see your doctor regularly!*

Here's a basic schedule for diabetes health visits. Your provider may see you on a different schedule depending on your needs.

## Once each year, visit a health provider for:

- ⇒ A cholesterol test
- ⇒ A triglyceride (type of blood fat) test
- ⇒ A complete foot exam
- ⇒ A urine and blood test to check for kidney problems
- ⇒ A flu shot

## Once each year, you also should have:

- ⇒ A **dental exam** to check your teeth and gums (tell the dentist that you have diabetes)
- ⇒ A **dilated eye exam** to check for eye problems related to your diabetes (tell the eye doctor that you have diabetes)
- ⇒ A **complete foot exam** to check for nerve and arterial damage related to your diabetes (tell the podiatrist you have diabetes)

## At least twice each year, have these checked:

- ⇒ A1C
- ⇒ Weight
- ⇒ Blood pressure
- ⇒ Self-care plan

## At least one time, you also should have:

- ⇒ A pneumonia vaccination
- ⇒ A Hepatitis B vaccination