

KEEP UP WITH YOUR

DIABETES CARE SCHEDULE

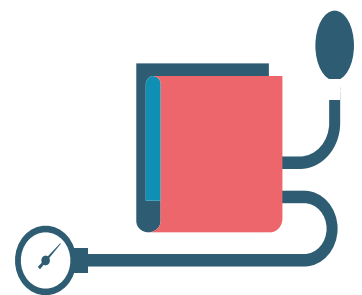


Good habits and keeping things steady are important for diabetes patients. Eating meals and taking medicines at the right times, checking your blood sugar regularly...and visiting your doctors on schedule!

You want to make sure that all parts of your body are staying healthy when you have diabetes. The schedule below can help you remember how often to schedule appointments.

Every **3** Months

- ▶ Regular doctor's office visit
- ▶ A1C blood test (every 3 months if your blood sugar number is too high)
- ▶ Blood pressure check
- ▶ Weight check
- ▶ Foot check



Every **6** Months

- ▶ A1C blood test (every 6 months if your blood sugar number is good)
- ▶ Teeth and gums checked by your dentist



Every **Y**ear

- ▶ Physical check-up by your doctor
- ▶ Complete foot exam
- ▶ Cholesterol check and other body fats (lipid profile test)
- ▶ Complete eye exam (dilated pupils) by an eye doctor
- ▶ Flu shot
- ▶ Kidney tests



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