



DIABETES SCHEDULE

Managing your diabetes each day is key to living a full and healthy life. It's important to stay on top of your health to avoid diabetes-related complications. Use this list to keep track of your important health checks.

Every day

- Check blood sugar multiple times a day:** Keep track of your numbers to share with your provider.
- Check feet for wounds:** Don't forget to check the bottom of your feet! Use a mirror or ask for help if you can't see.
- Take diabetes medication:** Always follow your provider's directions.
- Stay active and eat well-balanced meals:** Get about 30 minutes of brisk exercise per day and fill your plate with healthy foods.

Every six months

- Visit the dentist for a teeth and gum check:** Let your dentist know you have diabetes. Blood sugar can affect oral health.
Date of your last appointment: _____
- Get your A1C checked*:** This important test tells you how well your blood sugar is managed.
Date of your last appointment: _____
- Visit your provider*:** Discuss your diabetes and let them know of any changes to your overall health.
Date of your last appointment: _____

Once a year

- Get an eye exam*:** Diabetic retinopathy is the leading cause of blindness in the United States. Be proactive with your eye health to save your sight.
Date of last exam: _____
- Get tested for chronic kidney disease:** Early chronic kidney disease has no signs. Getting tested can help catch problems with kidney function early. Diabetes and high blood pressure are the two leading causes of chronic kidney disease.
Date of last checkup: _____
- Get a cholesterol test:** High cholesterol has no symptoms, but it increases the risk of potentially fatal health issues, such as heart attack. People with diabetes are at an increased risk of having high cholesterol.
Date of last checkup: _____
- Keep up with preventive health:** Stay on top of all vaccinations, including the yearly flu and COVID-19 vaccines. Being proactive in your overall health will help keep you out of the hospital.

**If your medicine changes or you have other health conditions, do this more often.*