



PROMOTE. PROTECT. PREVENT.

## Diabetes Care

### Medical Screening Tests

Ask your doctor or nurse: “Am I due for...?”

- Blood pressure test (every visit)
- Hemoglobin A1C test (every 3 months)
- Complete dental checkup  
(every 6 months)
- Cholesterol test-complete lipid profile  
(every year)
- Urine protein test (every year)
- Thorough foot exam (every year)
- Eye examination (every year)
- Education on healthy eating habits  
(every 1-2 years)
- Pneumonia shot (at least once)
- Flu shot (every year)