

# Taking Care of Yourself

## DIABETES CARE

Have you been told by your doctor that you have high blood sugar or diabetes?

**There are some important things you can do to stay as healthy as possible.**

The American Diabetes Association (ADA) has created guidelines, called “Standards of Care,” that define the best health care practices for people with high blood sugar or diabetes.

Below, you’ll find a list of the tests and exams that are part of the ADA’s Standards of Care.

**Make sure you’re getting the best care possible! Create a care plan with your doctor that follows these important guidelines!**



## ADA Standards of Care for Diabetics Recommended Tests and Exams

**Blood glucose:** Use your daily checks to make decisions about food, activity, and medicine.

**Blood pressure:** Keep it on target to protect your heart, blood vessels, eyes, and kidneys.

**Weight:** If needed, losing 10 to 15 pounds can help lower blood glucose, blood pressure, and cholesterol.

**Foot check:** Check your feet for injuries, sores, blisters, or other problems.

**A1C test:** Your A1C test tells your average blood glucose for the past two to three months.

**Cholesterol:** Your cholesterol numbers tell the amount of fat in your blood. High LDL cholesterol can cause heart disease.

Use the handy form inside to stay on track with these tests and exams throughout the year!

**Microalbumin test:** This test checks for protein in your urine which can be a sign of kidney damage.

**Dilated eye exam:** The eye doctor puts drops in your eyes to find and treat eye problems early.

**Complete foot exam:** Your doctor checks the skin, muscles, bones, and blood flow to your feet.

**Flu and pneumonia vaccines:** Get a flu shot each year and the pneumonia vaccine at least once to stay healthy.



Living  
Healthy



## Taking Care of Yourself—What You Can Do:

Create a care plan with your doctor that follows the ADA Standards of Care guidelines. Use the form below to guide your conversations with your doctor and schedule recommended tests and exams throughout the year.

### AT EVERY OFFICE VISIT

#### Talk to your doctor about:

- Your blood glucose test results and targets
- Meal plan
- Physical activity routine
- Lifestyle and work changes
- Ways to reduce weight, if needed
- Ways to quit smoking, if needed
- Ask if taking aspirin is right for you
- Emotional concerns
- Reviewing and updating your care plan and targets

#### Have your doctor check:

<input type="checkbox"/> Blood glucose	When I wake up and before meals	2 hours after start of meals
My Target		
My Usual Numbers		

#### Blood pressure

My Target	My Results

#### Weight

My Target	My Results

#### Foot check

Sores/cuts?	OK?

### EVERY THREE TO SIX MONTHS

#### Talk to your doctor about:

- Reviewing and updating your care plan and targets

#### Have your doctor check:

#### A1C

My Target	My Results

## AT LEAST EVERY YEAR

### Talk to your doctor about:

- Scheduling your next annual physical exam
- Scheduling all recommended tests and exams
- Reviewing and updating your care plan and targets

### Have your doctor check:

#### LDL Cholesterol levels

My Target	My Results

#### Microalbumin levels

My Target	My Results

#### Foot exam (complete)

Date of exam	Results

### See your eye doctor

#### Eye exam (dilated)

Date of exam	Results

### Get vaccinated with:

#### Flu shot

Date of flu shot	

## ONCE PER LIFETIME

### Get vaccinated with:

#### Pneumonia vaccine

Date of vaccine	



## Your Health Care Team Can Help You Reach Your Targets

You are the most important member of your health care team, but you're not alone!

The other members of your team—your doctor, diabetes educator, nurse, dietitian, Living Healthy health coach, and others—are your advisors and coaches. Together, you and your team can use the Standards of Care to make sure you're getting the very best care for your diabetes.

**Talk to your health care team about: your meal plan, physical activity routine, any emotional needs you may have, quitting smoking, if taking aspirin is right for you and resources for learning more about diabetes care. Call us at Living Healthy for help! 1-866-800-8833**

