

DIABETES CARE SCHEDULE

TAKE GOOD CARE OF YOURSELF



Every 3 months

- ✓ Regular doctor's consulting visit
- ✓ A1C blood test
- Every three months if your blood sugar (glucose) values are too high
- ✓ Blood Pressure check
- ✓ Weight Check ✓ Foot Check

Every 6 months

- ✓ A1C blood test
- Every six months if your blood sugar (glucose) values are good
- ✓ Teeth and gums examination by your dentist



Every Year

- ✓ Physical check up (examination) by your doctor
- ✓ Complete foot examination
- ✓ Check cholesterol and other body fats (lipid profile test)
- ✓ Dilated eye examination by an eye doctor ✓ Kidney tests

DIABETES CARE MY DAILY REMINDER



Follow my meal plan.

Be active 30 minutes a day or more, after consulting my doctor.

Take the right dose (amount) of medicine – on time.



Check my feet for cuts, redness or swelling. Call my doctor right away if I have any problem with my feet.

Brush and floss my teeth after meals.

Don't smoke.



Check my blood sugar. Write the results in my diary.

Being overweight and having Diabetes increases my risk or chance of having other serious health problems. I shall maintain my weight.

Keep my doctor appointments. Write next appointment here:

Solution Print

