

KEEP TRACK OF TEST RESULTS



Use this card to keep track of when you have your tests done, along with the results.

Record Your Numbers:

TEST	DATE	RESULT	DATE	RESULT	DATE	RESULT	DATE	RESULT
HbA1c								
Urine Microalbumin								
Dilated Retinal Exam								

HbA1c

Measures your average blood sugar level over a three month period. Have this test done two to four times a year.

Urine Microalbumin Test

Detects levels of a protein in your urine to check if the kidneys are working well. Have this test done once every year.

Dilated Retinal Exam (DRE)

Allows your doctor to see the inside of the back of your eye to look for eye problems or disease. Have this test done once every year.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex..

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。



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Get These Important Tests To Keep Your Diabetes Under Control



- HbA1c
- Urine Microalbumin
- Dilated Retinal Exam