

# Important Tests And Exams To Help Manage Diabetes



## Blood tests\*

- Discuss home blood sugar testing with your health care provider
- **Hemoglobin A1c (HbA1c) testing:** HbA1c poor control ( $>9.0\%$ ). HbA1c control ( $<8.0\%$ ).
  - Quarterly if treatment changes or not at goal
  - At least twice a year if stable at goal
- **Lipid Profile:** Talk to your health care provider about your risks for heart disease and your personalized goal

## Urine tests

- **Microalbuminuria:** 0.0 - 20.0 ug/ml – Yearly
- **Urinalysis** – Ketones, protein, sediment

## Eye exams

- **Dilated eye exam** – Yearly

## Blood pressure

- **Blood pressure:** Less than 140/90 mmHg each diabetes visit

## Foot exams

- **Visual exam** – Each diabetes visit
- **Comprehensive foot exam** – At least yearly (more often in patients with high-risk foot conditions)

## Other tests (if indicated)

- **Dental exam**
- **Electrocardiogram**
- **Kidney Health Evaluation**
- **Thyroid-stimulating hormone**



**For help in managing your diabetes, contact the High Value Outreach team at 1-800-778-7996, or email at [memberoutreachinquiry@univerahealthcare.com](mailto:memberoutreachinquiry@univerahealthcare.com)**

\*Individual goals may be different.

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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