



Get ahead of your diabetes

Coordinate regular tests and exams as part of your diabetic care management, to help control your diabetes.

What	Why it is important	How often
A1C Blood Sugar Test	<p>Keeping your blood glucose (sugar) levels in a healthy range is important to manage your diabetes and prevent future health problems.</p> <p>An A1C test is a blood test that shows your average blood sugar over the past 3 months and helps your doctor decide on the best treatment options for you.</p>	<p>Every 3-6 months</p> <p>Discuss your individual A1C goal with your doctor.</p>
Diabetes eye exam	<p>Over time high blood sugar can damage the blood vessels in your eyes. This can result in swelling and damage to your eyes that can lead to poor vision or even blindness.</p>	<p>Annually</p> <p>(Once a year)</p>
Blood Pressure Check	<p>Diabetes increases your risk for heart disease. High blood pressure means your heart is working harder to pump blood. Over time this can increase your risk of heart attack, stroke, eye disease and kidney disease.</p>	<p>Every visit</p> <p>Talk to your doctor about your blood pressure and risk for heart disease.</p>
Kidney Health Evaluation	<p>Diabetes is the leading cause of kidney disease. Kidney disease often has no symptoms, this is why it is so important to have your kidney health checked with a blood and urine test.</p>	<p>Annually</p> <p>(Once a year)</p>
Other tests and exams	<p>Ask your doctor if a cholesterol (lipid) evaluation, dental exam, visual or comprehensive foot exam is right for you.</p>	<p>As recommended by your doctor</p>



Talk to your doctor to schedule any tests or exams that may be due.

For questions or help scheduling an appointment, call our Health Care Improvement team at **1-800-778-7996 (TTY 711)**, 8 a.m. - 4:30 p.m. Monday through Friday, or email MemberOutreachInquiry@UniveraHealthcare.com.