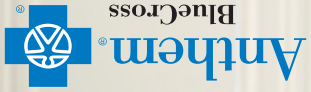




Keeping track
of your health
just got easier.



21555 Oxnard Street
Woodland Hills, California 91367



Dear Diabetics:

I'm not happy having you in my life, but I'm not going to let you control me. I'm ready to take action. I'm going to manage you by:

- Following my doctor's plan.
- Taking the right medications.
- Eating healthy.
- Keeping track of my sugar levels.
- Including physical activity in my daily routine.

This reminder card can help me stay on track with my doctor appointments, screening tests and medications.

That's right. You heard me. Diabetics, you aren't going to control me. I am going to control you! I am going to live a joyous, active, healthy life. **You'll see.**

Take the tests, know your scores.

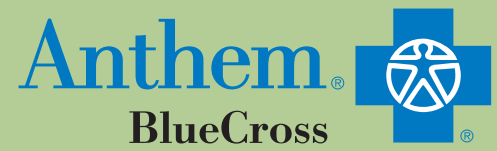
Get started by taking the tests you need.

How can you stay well when you have diabetes? By taking care of your body from head to toe. Part of that care is getting regular tests and screenings. **Use the tear-off card to track the tests, screenings and results that are important to your health. Take it with you to your next doctor visit.** Your doctor can tell you which tests you need and when you need them. You can also talk about the goals you want to reach.



Ask your doctor about other preventive health tests or screenings that may be right for you, such as breast, cervical and colon cancer screenings.

Anthem Blue Cross may even cover 100% of the costs of some of these preventive screenings.*



A1C test

This blood test shows your average blood sugar level over the past 2 to 3 months. It's a good way to tell if your diabetes is under control.

When: 2 to 4 times a year

Goal: Less than 7% for most people. Talk to your doctor about what goal is best for you.

Dates	Results
_____	_____
_____	_____
_____	_____

Blood pressure check

With diabetes, you have a risk of high blood pressure. Keep it at a healthy level to help lower your risk of a heart attack, stroke or kidney damage.

When: Each doctor visit

Goal: Less than 140/90mmHg. Talk to your doctor about what goal is best for you.

Dates	Results
_____	_____
_____	_____
_____	_____

Cholesterol test

This blood test checks your levels of LDL (or "bad") cholesterol; HDL (or "good") cholesterol and triglycerides. Having diabetes puts you at risk for heart disease. Have this test as part of your plan for a healthy heart.

When: At least one time a year

Goals: Talk to your doctor about the cholesterol level that is right for you. Be sure to discuss your goals for all three levels:

LDL	HDL	Triglycerides
_____	_____	_____
Dates	Results	
_____	_____	
_____	_____	

Kidney function tests

A microalbumin test checks for protein in your urine. It can show early signs of kidney damage.

Test: Urine microalbumin **When:** One time a year

Date	Results
_____	_____
_____	_____

A creatinine test is a blood test. It measures how well your kidneys work.

Test: Blood creatinine **When:** One time a year

Date	Results
_____	_____
_____	_____

Eye exams

Help protect your eyes. Make sure to have a dilated retinal eye exam. This exam is in addition to your routine vision check. It should be done by an ophthalmologist or an optometrist (eye doctor).

Test: Dilated retinal eye exam **When:** One time a year

Date	Results
_____	_____
_____	_____

It's also important to get a glaucoma test.

Test: Glaucoma screening **When:** Every 1 to 2 years

Date	Results
_____	_____
_____	_____

Foot exam

High blood sugar from diabetes can hurt your feet. It can damage your nerves so that you don't feel heat, cold or pain in your feet. It can also slow down the blood flow to your feet. A doctor can check for these issues during your regular checkups.

When: Each doctor visit

Dates	Notes
_____	_____
_____	_____
_____	_____

Flu and pneumonia shots

Flu and pneumonia can cause serious health problems. They can be even more harmful for people with diabetes. Getting a flu shot every year can help you stay healthy. So can getting a pneumonia shot at least one time in your lifetime. If you're under 65, ask your doctor about getting another pneumonia shot 5 to 10 years after your first one.

Vaccine: Flu shot **When:** One time a year

Date	Results
_____	_____

Vaccine: Pneumonia shot **When:** One time

Date	Results
_____	_____

Medication/herbs	Dosage	Time	Allergies
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

About medicines

Your doctor may tell you to take:

- Pills or insulin to help control your blood sugar.
- Medicine to help control your blood pressure.
- Medicine to adjust your cholesterol and help lower the risk of heart disease.
- Medicine to help protect your kidneys.

Make sure to take your medication and check your blood sugar level just as your doctor ordered. Healthy eating and regular physical activity will also help you feel better.

Use the tear-off card to keep track of any prescriptions, herbs or over-the-counter medications you're taking, how much and what time each day. Note any medications that cause allergies or reactions.



Your diabetes care team

Doctor(s): _____	_____
Dentist: _____	_____
Dietitian: _____	_____
Eye doctor: _____	_____
Foot doctor: _____	_____
Pharmacist: _____	_____
Emergency contact: _____	_____

Phone numbers

You can do this

Your family needs you to be healthy and feeling your best – from head to toe. Start by seeing your doctor and tracking your numbers.



*Please see your benefits summary or Certificate of Coverage for details about covered benefits, procedures and exclusions. Remember your health care needs may be different from others. This information is intended for education, not medical advice. Please ask your doctor for medical advice.

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