

# DIABETES MANAGEMENT SCHEDULE



Take a copy of the Physicians Pocket Card to your doctor and ask your doctor to review your diabetes care and treatment plan.

## AT EVERY VISIT:

- Weight and blood pressure
- Foot exam
- Discuss self monitoring blood glucose records
- Discuss ALL medications
- Discuss self-management skills
- Discuss dietary needs
- Discuss physical activity
- Discuss smoking cessation

## TWICE A YEAR OR MORE:



- Check Your A1C

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Date & A1C Levels

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## ANNUALLY (HAVE A):

- Dilated Eye Exam

Date:

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- Dental Exam

Date:

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- Flu Shot

Date:

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- Diabetes Education Review

Date:

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- Peripheral Nerve Test

Date:

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- Treadmill Test or EKG

Date:

## ASK YOUR PHYSICIAN TO CHECK:

- Protein and Fat in Your Blood

Date:

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- Protein in Your Urine

Date:

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