

KNOW YOUR CARE

Learn more about how diabetes impacts your body and the importance of receiving routine diabetes care. The following information provides recommendations for routine diabetes care, but it is important to follow your provider's orders regarding the suggested frequency of exams, tests, and other care needs. For more information about insurance coverage regarding routine diabetes care, turn to the back page and visit (insert KYP link).

High blood sugar can cause people with diabetes to experience blurry vision and eye disease.

It is recommended to have an eye exam, including a retinal check, once a year.

Individuals with diabetes may have additional complications with certain illnesses and should get immunizations, as appropriate.

Talk with your provider about the frequency of important immunizations.

High blood sugar can harm the vessels in the kidneys that filter blood and may lead to the need for dialysis.

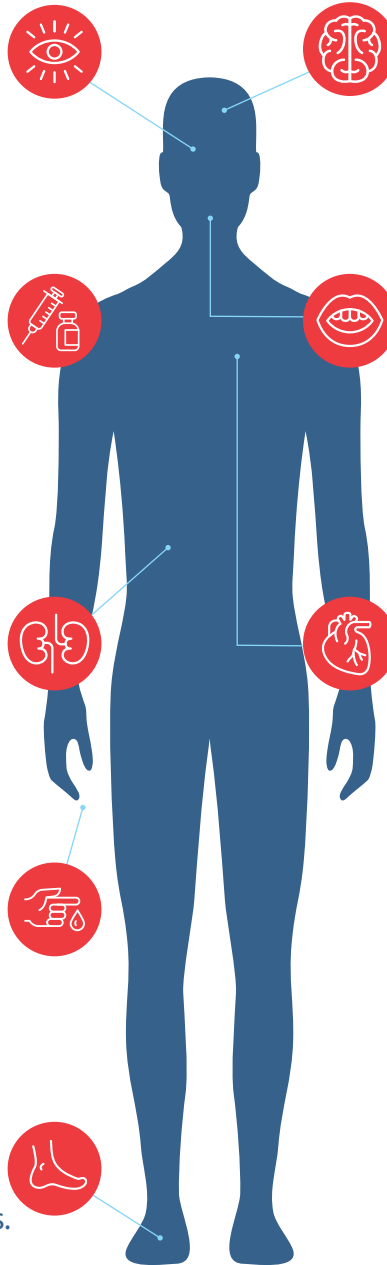
Make sure to have lab work done once a year to check kidney function.

High blood sugar can lead to diabetes complications throughout the body.

You should have your A1C checked* every 3-6 months, and check your blood sugar at regular times as recommended by your provider.

High blood sugar can lead to nerve damage and poor blood flow, which can lead to infections and amputations.

Inspect your feet routinely at home. Get a comprehensive foot exam once a year and a foot check at each visit.



High blood sugar can damage blood vessels and cause an increased risk for stroke.

Be sure to have your blood pressure checked at each visit.

The most common oral health complication of high blood sugar is gum disease. Diabetes can also cause a dry mouth and infections.

Schedule a dental exam and cleaning every 3 to 6 months (depending on a dentist's recommendation and dental plan coverage).

High blood sugar can increase cholesterol making the heart work harder to pump blood, increasing the risk for heart disease and heart attacks.

Be sure to have your cholesterol checked each year.

Understanding diabetes care and management is important to prevent or reduce the risk for complications. Individuals with diabetes should attend diabetes education:

- At time of diagnosis
- If complications appear
- When transitions in care occur

Follow up with your health care provider for questions or concerns regarding your diabetes care and management.



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