



IMPORTANT TESTS AND EXAMS TO HELP MANAGE DIABETES

Blood tests*

- Discuss home blood sugar testing with your health care provider
- **A1C:** Less than 7%
 - 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)

- **Thyroid-stimulating hormone**
- **Electrocardiogram**
- **Dental exam**



For help in managing your diabetes, contact our Member Care Management team at 1-800-860-2619.

*Individual goals may be different.

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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。

