

Understanding and managing diabetes



Check off each goal as you complete it, and bring this sheet with you to your healthcare appointments. Living with diabetes can be managed with the right strategies and support. Talk with your doctor and follow their advice. There are also things you can do.



A1c Goals



Have an **A1c test** done twice this year. **My A1c goal is:** _____



Eye Exam



Have a **dilated eye exam every year** with an eye doctor who focuses on retinas. Send the report to your doctor.



LDL Goals



Talk to your doctor about **heart disease risk factors** including cholesterol and blood lipid (LDL), weight, physical activity and lifestyle changes.



Urine Test



Have a **urine test** done at your next doctor's appointment to make sure your kidneys are working right.



Blood Pressure



Monitor your blood pressure and discuss keeping it under control with your healthcare team.



Feet Check



Check your feet every day. Call your doctor if you see redness, sores or wounds.



Blood Sugar



Monitor your blood sugar as directed by your doctor. Keep a record using a notebook or an app.



Smoking



Smoking, tobacco and e-cigarettes are harmful to your health. Call QuitWorks at **800-QUIT-NOW** or visit **smokefree.gov** if you need help quitting tobacco.



Medicine



Take all your **medicines** as ordered by your doctor. Stay up to date on **vaccines**.



Eat healthy



Choose foods that are **low in sugar and high in fiber**, such as vegetables, whole grains and lean proteins.



WellSense
HEALTH PLAN

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