



# Checkup Checklist

The American Diabetes Association recommends the following for adults with diabetes:

## ● A1C Test

(estimated average blood glucose)

At least twice a year. If your treatment has changed or you're not achieving your blood glucose goals, up to four times a year.



## ● Dentist Visit

Twice a year



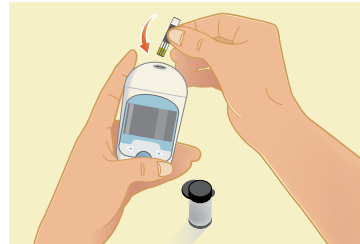
## ● Annual Tests, Shots, and Visits

- Flu vaccine
- Fasting lipid profile (cholesterol and triglycerides)
- Urine albumin excretion (kidney function)
- Serum creatinine (kidney function)
- Dilated eye exam
- Foot exam including neuropathy testing with monofilament

## ● Other Screenings and Vaccinations

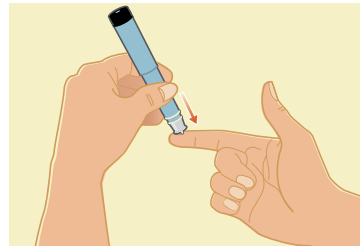
- PAD (peripheral arterial disease) screening for those at risk
- PPV (pneumococcal polysaccharide vaccine). A one-time vaccine for most, but people over 65 will need to get it again.

# How to Test Your Blood Glucose



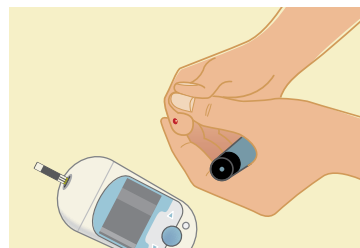
1

First, wash your hands. Insert a test strip into your meter.



2

Use your lancing device on the side of your fingertip to get a drop of blood.



3

Gently squeeze or massage your finger until a drop of blood forms. Required sample sizes vary by meter (examples at right).

- 4 microliters
- 3 mcl
- 1 mcl
- 0.6 mcl
- 0.3 mcl



4

Touch and hold the edge of the test strip to the drop of blood, and wait for the result.



5

Your blood glucose level will appear on the meter's display.

ⓘ All meters are slightly different, so always refer to your user's manual for specific instructions.