

Stay on Target

Your doctor and HealthPlus want to help you stay healthy. To achieve that goal, it's important that you have a close relationship with your doctor and get regular tests to keep track of your diabetes. To reduce the chances of developing potential serious complications, you need to have regular testing done. The American Diabetes Association recommends that the tests listed below should be done on a regular basis to best manage your diabetes care.

Diabetes Checklist			
Test Name	Description	Recommended Frequency for Testing	Recommended Goal
Retinal Eye Exam	A test done by an eye-care specialist that tells if there are changes going on which could lead to blindness	Yearly	No retinal eye disease
HbA1c	Measures your blood sugar over a three to four month period	2 times yearly if controlled	Less than 7.0 percent
		4 times yearly if not at goal	
LDL ("low density lipoprotein")	Measures amount of "bad" cholesterol in your blood	2 times yearly if controlled	Less than 100 mg/dL
		4 times yearly if not at goal	
Microalbumin (urine test)	Measures amount of albumin (a type of protein) in your urine. It is used to tell if you have kidney disease.	Yearly	Negative
Blood Pressure Check	To tell if you have high blood pressure	Every visit	Less than 130/80
Foot Check	To check if you have nerve damage. The check is done without your shoes and socks on.	Every visit At least yearly	No nerve damage or sores on the feet