

Living Well with Diabetes

Guide to working with your health care team

You're the most important member of your health care team. Your doctor, nurse, pharmacist, diabetes educator, and dietitian are all here to partner with you in your care.

Tests and appointments for your diabetes care

In addition to your daily self-care, it's important to stay up to date with lab tests, screenings, and clinic appointments. Keeping regular appointments with your health care team and getting tests and screenings can help you be an active partner.

- Lab tests give you and your health care team important information about how well your diabetes care plan is working.
- Clinic appointments give you a chance to ask questions and share ideas or concerns you have about your care plan.
- Regular screenings and exams help your doctor find and treat any problems before they get worse.

Well visits and screenings

Be sure to get the other screenings and well-care visits that Kaiser Permanente recommends. Get an annual flu shot. Ask your doctor about other vaccines you need.

Prepare for your appointments

- Bring any records you have to your appointments, such as your blood sugar log, blood pressure readings, or food and exercise diaries.
- If you don't usually keep a record or diary, you might want to keep one for about a week before your appointment.
- Before you go to your appointment, make a list of your concerns and questions. You might not have time to talk about everything, so make sure you cover the most important things first.

My care team

Doctor:
Nurse:
Pharmacist:

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Use this chart to keep track of the tests and exams you need.

Know your ABCs	My schedule	My targets
A1C (test to measure your average blood sugar level)	Every 6 months or _____ My next test is due: _____	A1c _____ eAG _____
Blood pressure	Every 6 to 12 months or _____ My next test is due: _____	Systolic _____ Diastolic _____
Cholesterol and triglycerides (also called a Lipid Panel)	Every 2 years or _____ My next test is due: _____	Total cholesterol _____ HDL _____ LDL _____ Triglycerides _____

Other labs and exams for diabetes	My schedule
Creatinine (blood test to check how well your kidneys are working)	Every 12 months or _____ My next test is due: _____
Microalbumin (urine test to check your kidneys)	Every 12 months or _____ My next test is due: _____
Retinal eye exam (test to look for diabetic eye disease)	Every 2 years or _____ My next exam is due: _____
Foot exam (physical exam to make sure you don't have any problems feeling sensation in your feet, or any sores that aren't healing)	Every 12 months or _____ My next exam is due: _____
Office visit	Every _____ My next exam is due: _____

Well visits and cancer screenings	My schedule
	How often _____ Next due _____
	How often _____ Next due _____
	How often _____ Next due _____
	How often _____ Next due _____