

1 Start by Setting a Daily Routine

Blood Sugar & Blood Pressure Checks	Check your blood sugar several times a day as directed by your doctor. If you have a digital blood pressure monitor, take your blood pressure every day, also as directed by your doctor. Keep a record of all your numbers and share with your health care team during your next visit.
Foot Check	Use a mirror if you can't see the bottom of your feet or ask a family member for help. Let your doctor know immediately if you have any cuts, redness, swelling, sores, blisters, corns, calluses, or other change to the skin or nails.
Diabetes Medicines	Take the amount prescribed by your doctor, even when you feel good. Report any side effects to your care team. It's important to get your medications refilled when you need them. Your pharmacy may offer free delivery.
Physical Activity	Get at least 150 minutes a week of moderate activity, such as brisk walking or riding a bike.
Healthy Eating	Eat healthy foods that help control your blood sugar and weight, and give you the nutrition you need. Choose healthy snacks, like fruit and vegetables. Write down what you eat every day. Weigh yourself regularly.

2 See Your Primary Doctor Every 6 Months

<p>Always report any new symptoms or health concerns.</p> <p>Some questions you may ask during your appointment:</p> <ul style="list-style-type: none"> ● What are the warning signs or symptoms that my blood sugars are too high or low? What do I do if my blood sugars are too high or low? ● What are the side effects of my medications? ● What are the long-term complications of diabetes, and how can I avoid them? ● How does high cholesterol and high blood pressure affect me if I have diabetes? ● Do I have any other conditions that may be affected by diabetes? 	<p>Labs:</p> <ul style="list-style-type: none"> ● A1C test to measure average blood sugar over 2-3 months ● Cholesterol levels ● Kidney function tests <p>Tests:</p> <ul style="list-style-type: none"> ● Blood pressure check (below 140/90 mm Hg or the target your doctor sets) ● Electrocardiogram <p>Immunizations:</p> <ul style="list-style-type: none"> ● Annual Flu Shot ● One time pneumonia & Hepatitis B
--	---

3 See a Specialist at Least Once a Year

Ophthalmologist or Optometrist	Make sure you get a dilated retinal eye exam annually. Diabetes increases your risk for eye conditions, such as glaucoma and cataracts. The primary concern for eye health in people with diabetes is the development of diabetic retinopathy.
Podiatrist	Regular checkups by a podiatrist — at least annually — are the best way to ensure that your feet remain healthy.
Dentist	See your dentist every year. Practicing good oral hygiene and having professional dental cleanings done by your dentist can help to lower your HbA1c.



Get your A1C checked to earn incentives. Learn more about My Health Pays™ rewards on our website: www.pahealthwellness.com/members/ltss/benefits-services/healthy-rewards-program.html