

# Working With the Diabetes Health Care Team



## Medical Care

Getting regular medical care is important to living well with diabetes. Below is a list and schedule of routine medical care recommended for managing diabetes.

### Each Diabetes Medical Visit

- Blood Pressure
- Foot Check

### Every 3 to 6 Months

- A1C Test

### Usually Once a Year

- Exams
  - Eye
  - Dental
  - Foot
- Lab Tests
  - Kidney (urine and blood)
  - Cholesterol
- Flu Shot

If your provider recommends home blood sugar testing, take your meter or readings with you to each diabetes visit.

## Diabetes Education and Support

Learning about diabetes is an ongoing process. People with diabetes can work closely with a diabetes educator to help them learn about living well with diabetes. Diabetes educators may be nurses, dietitians, pharmacists, or others.

### Topics to learn about:

- Healthy eating
- Managing blood sugar and blood pressure
- Taking care of feet, eyes, kidneys, and heart
- Becoming or staying active
- Taking medicine
- Feelings and emotions
- Coping with stress
- Tobacco use



Produced by the IHS Division of Diabetes Treatment and Prevention  
For more diabetes information and materials, visit [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes)  
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Take a picture with your cell phone.  
Look at the picture later as a reminder!

