



STAYING HEALTHY CHECKLIST

If you have type 2 diabetes – here are three important words. **Don't Ignore It.** Know that by paying attention to just a few things, most people can live a long and healthy life with diabetes. Use this checklist as a reminder of things you “must” do and learn about some additional things that many find helpful.

STAYING HEALTHY – MUST LIST:

- ✓ **FIND A DOCTOR YOU TRUST.** Aim for 2-4 visits a year to review your diabetes care plan. Think of your doctor or PCP like a general contractor. They work with you to ensure your overall health. They'll recommend sub-contractors – or specialists as needed, such as an eye doctor, a dietitian or a diabetes educator.
- ✓ **BUILD YOUR SUPPORT NETWORK.** In addition to your medical team, it is helpful to surround yourself with others who can help support you – including family, friends – even an online community.
- ✓ **TAKE YOUR MEDICINES.** Understand how they are helping you. Talk to your doctor if you don't think they are working as they should.
- ✓ **KNOW WHERE YOU STAND.** There are seven important tests that tell you and your doctor how your diabetes is doing. Know the results of the tests listed below and talk to your doctor if one or more of the results are out of range.

KEY TESTS	HOW OFTEN?	GOAL RESULT*	WHY IS THIS DONE?
A1C	Every 3-4 months	Less than 7%	To measure the average blood glucose levels over the past 2-3 months, to see if the diabetes medicines are working, and reduce the risk of complications.
Blood Pressure	Every visit	Less than 130/80	To measure the health of the heart and blood vessels, to see if the blood pressure medicines are working, and reduce the risk of heart problems or stroke.
Cholesterol (LDL)	Once a year	Less than 100	To measure levels of the “bad” cholesterol. Other types of fats (lipids) may also be measured (such as HDL or triglycerides). Keeping lipids in goal range reduces risk of problems that could lead to a heart attack or stroke.
Weight	Every visit	No unplanned increases or decreases	To identify changes in weight before they become a problem.
Eye exam, dilated	Once a year	Negative/no change	To check for tiny changes in the the back of the eye in order to catch any problems early and prevent damage.
Foot check	Once a year	Negative	To check for signs of neuropathy (decreased sensation) or poor circulation
Kidney function test	Once a year	Greater than 60	To check for early signs of kidney damage in order to minimize risk. A typical test is called the “eGFR” test.

*These goal numbers may vary. Ask your doctor, as your goal may be different.



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STAYING HEALTHY – RECOMMENDED LIST:

- ✓ **CHECK BLOOD GLUCOSE.** Regular checking helps you and your doctor know how your treatment plan is working. Check with your doctor and insurance provider regarding how often to check.
- ✓ **LEARN MORE.** Attend diabetes education classes or talk with a diabetes educator. Learning can also take place online – such as through Diabetes-What to Know.
- ✓ **EAT WELL AND MOVE MORE.** See a Registered Dietitian [RD] to get a personal meal plan. Have an activity plan. Being more active helps your diabetes and overall health in so many ways.
- ✓ **GET VACCINATED.** Make sure your vaccines are up to date. Aim to have a flu shot every year and ask your doctor if you've had a recent pneumococcal and hepatitis B vaccination.
- ✓ **HAVE OTHER CHECK-UPS.** Keep up with twice yearly dental check-ups or cleanings. If you take insulin, your doctor should check your skin in the regions where you inject.
- ✓ **IF YOU SMOKE, QUIT.** Ask about different approaches, including medicines, that can help.
- ✓ **TALK ABOUT YOUR FEELINGS.** If you're feeling blue, worried or overwhelmed, talk with your doctor. Living with a chronic disease can be hard – but there are things that can be done to help you feel better.
- ✓ **GET GOOD SLEEP.** Aim for 7-8 hours a night. There is a link between quality and quantity of sleep and your overall health.