

Tests and Shots for People With Diabetes



It's important to take care of yourself, especially if you have diabetes. These tests and shots will help you better manage your health to prevent problems. Take this checklist to doctor visits to make sure you're getting all the services you need.

Tests

Hemoglobin A1C or HbA1C test

A blood sample is taken to check your average blood sugar during the past 3 months.

What number do I want?

- 7% or less

How often should I get this test?

- At least 2 times a year

Kidney (microalbumin) test

This test checks to see how well your kidneys are working. Protein in the urine is a sign of kidney damage.

- Your doctor will order a test to check your urine for protein

How often should I get this test?

- At least 1 time a year

Cholesterol test

High cholesterol puts you at higher risk for heart disease and stroke. Your doctor will order a blood test to check your cholesterol levels. You will not be able to eat or drink for at least 8 hours before this test.

What numbers do I want?

- Total cholesterol: Less than 200 mg/dL
- LDL (bad): Less than 100 mg/dL (Less than 70 mg/dL may be recommended for patients with diabetes and cardiovascular disease. Check with your doctor.)
- HDL (good): Higher than 40 mg/dL for men or higher than 50 mg/dL for women
- Triglycerides (bad): Less than 150 mg/dL

How often should I get this test?

- At least 1 time a year

Shots

Flu shot

People with diabetes have a higher risk of getting and dying from the flu. Schedule your flu shot — it could save your life.

How often should you get this shot?

- 1 time a year

Pneumonia shot

People with diabetes have a higher risk of getting and dying from pneumonia. This vaccine can save your life!

How often should I get this shot?

- At least 1 time
- If you're 65 or older, ask your doctor if you need a second shot

Exams

Blood pressure exam

High blood pressure raises your risk of stroke, heart disease, and eye and kidney problems. Blood pressure is measured by putting a cuff around your arm.

What number do you want?

- Less than 140/90 (For patients with diabetes who have a higher risk for cardiovascular disease, a goal of 130/80 may be recommended. Check with your doctor.)

How often should you get this exam?

- Every doctor's visit

Dilated eye exam

This test checks the back of your eyes (retina) for problems. Your eye doctor will put drops in your eyes to make your pupils big, or "dilated." This lets your doctor see your retina.

How often should you get this exam?

- 1 time a year

Dental exam

This exam checks for gum disease, dental cavities and other mouth problems. The exam depends on which problem you may have. Your dentist will recommend the best treatment.

- Brush your teeth and floss every day to keep your mouth, teeth and gums healthy

How often should you get this exam?

- See your dentist 2 times a year

Foot exam

This exam checks your feet for nerve damage. Your doctor should check for nerve damage, swelling, redness, ingrown and fungal toenails, bleeding corns and calluses, dry cracks, and sores or cuts.

Talk to your doctor about any:

- Fungal nails, cuts, bleeding corns
- Calluses, dry cracks, sores or cuts

How often should you get this exam?

- At least 1 time a year



If you have questions about this content, call CalOptima Health Customer Service toll-free at **1-888-587-8088 (TTY 711)**, Monday–Friday, from 8 a.m. to 5:30 p.m. We have staff who speak your language. Please visit us at www.caloptima.org/healthandwellness.

My Diabetes Care Record

How to use this record

Use this page to write down the date and results of each test, exam or shot. Bring it with you to doctor visits and show it to your doctor. Ask about what goals you should have. Remember to write down questions before your visit so you don't forget to ask your doctor.

Each Doctor Visit	Date	Result
Blood pressure My goal: _____		My blood pressure: _____
Foot check		
Review self-care plan		
Weight check		
Review medicines		
1 Time a Year	Date	Result
Cholesterol blood test My goal: _____ Total: _____ mg/dL LDL: _____ mg/dL HDL: _____ mg/dL Triglycerides: _____ mg/dL		Total: _____ mg/dL LDL: _____ mg/dL HDL: _____ mg/dL Triglycerides: _____ mg/dL
Complete foot exam		
Dental exam		
Dilated eye exam		
Flu shot		
Kidney (microalbumin) test		
At Least 2 Times a Year	Date	Result
First A1C blood test My goal: _____		
Second A1C blood test My goal: _____		
Third A1C blood test My goal: _____		
At Least 1 Time	Date	Result
Pneumonia shot A second dose may be needed if you're over 65. Ask your doctor.		