



# Diabetes: Exams and Tests

The information below outlines some suggested tests and exams that may be helpful in managing your diabetes. Talk to your doctor about a tailored plan of care to help you reach your best health.

## Tests & Immunizations

### Each Doctor Visit:

Have your **blood pressure** checked. Talk to your doctor about how you are feeling and share any new symptoms or questions you have.

### Once a Year:

Have lab work done. To monitor your diabetes, your doctor should test your **blood lipids and cholesterol**. You should also have a **urine test** to check your kidney function.

If you do not have any problems or allergies relating to the flu vaccine, you should also get a yearly **flu shot**.

### Periodically:

**Get an A1C Test.** After your diagnosis, you should have an A1C test every **three months**. Once your diabetes is controlled, you should have this test once every **three to six months**.

**Get the Shingles Vaccine.** If you are over the age of 60, talk to your doctor about the **shingles vaccine**, even if you have already had shingles.

**Get the Hepatitis B Shot.** If you are under the age of 60, talk to your doctor about getting the **Hep B shot** as soon as possible. If you are over the age of 60, ask your doctor if they think you could benefit from a Hep B shot.

## Exams

### Foot Exams

Diabetes can cause damage to your nerves, resulting in a condition called **neuropathy**. This can affect your feet by causing tingling or numbness.

### Eye Exams

Diabetes can affect your eye health even if you are not having symptoms. If you have diabetes, you should get an **eye exam** every year. If you see dark spots, have poor vision in dim light, feel eye pain or pressure, or have any other eye problems, let your doctor know.

### Dental Exams

**Gum disease** and other mouth problems are more common in people with diabetes. See your dentist at least twice a year.

*For help scheduling appointments, coordinating services, or talking about your health, call us at 1-866-282-6280 (TTY: 711).*