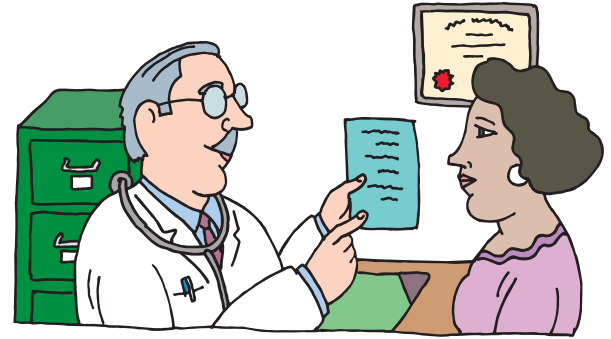


DIABETES CARE SCHEDULE

TAKE GOOD CARE OF YOURSELF



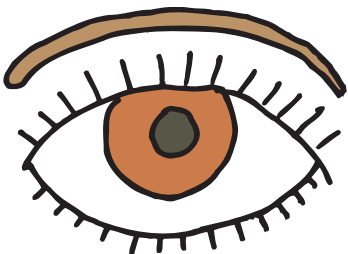
Every 3 Months

- Regular doctor's office visit
- A1C blood test
Every 3 months if your blood sugar (glucose) number is *too high*
- Blood pressure check
- Weight check
- Foot check



Every 6 Months

- A1C blood test
Every 6 months if your blood sugar (glucose) number is *good*
- Teeth and gums exam by your dentist



Every Year

- Physical check-up (exam) by your doctor
- Complete foot exam
- Check cholesterol and other body fats (lipid profile test)
- Complete (dilated) eye exam by an eye doctor
- Flu shot
- Kidney tests