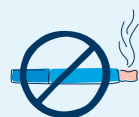


My personal diabetes tracker (continued)

Exam/test and target	Date	Results
Triglycerides (1 per year) Target: Below 150	_____	_____
Weight & BMI Target: Speak to your doctor for your individualized target	_____	_____
Diabetic eye exam (at least 1 per year)	_____	_____
Microalbumin urine test (1 per year)	_____	_____
Complete foot exam (at least 1 per year)	_____	_____
Flu shot (1 per year)	_____	_____



If you smoke, please talk to your health care provider to **help you STOP!**

Questions?

These are general guidelines. Talk to your health care provider and follow their recommendations.

For preventive care and benefit information, call the Member Service number on the back of your insurance card.



The information provided is intended to provide general information only and does not attempt to give you advice that relates to your specific circumstances. This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions or concerns regarding a medical condition. Check your member materials for details. Call the Member Service number on the back of your insurance card.

Certain preventive services may include a copay or coinsurance. Review your benefit details for more information.

Highmark Blue Shield is an independent licensee of the Blue Cross Blue Shield Association.

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card (TTY:711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。



Diabetes management

A personalized guide to your diabetic journey.



Should I worry about diabetes?

It is very important to manage and control your diabetes. Uncontrolled diabetes can lead to complications that include eye, kidney, and heart disease, and serious infections that can lead to amputation. Keeping your blood sugars at or near normal, as well as following an effective treatment plan, can help to prevent these serious complications and protect you from further illness.




How can I manage my diabetes?

Here are three small steps that can lead to big results:

- 1. Have a voice:** It's important to communicate with your diabetes management team. You should be the center of your diabetes management plan, and if you have questions or concerns regarding your medications or treatment plan, please speak to your provider so that the two of you can work together to find a solution that better suits your needs and lifestyle.
- 2. Increase activity:** Just getting more steps in your day can be helpful. You can take the stairs instead of the elevator or park your car farther away from the front entrance. Wearing a step counter or fitness tracker can also be motivating. Most people should aim for 30 minutes of physical activity, 5 days a week. Before engaging in an exercise regimen, you should speak to your doctor about an exercise program that's right for you.
- 3. Strive for five:** Try to aim for 3 to 4 servings of low carbohydrate vegetables such as green beans, asparagus, or zucchini, and 1 to 2 servings of fruit per day. Fiber intake from fruits like berries, citrus, and apples can be good for your HbA1c, but portion size is key!

I can take charge of my health.

Routine medical care is part of a successful diabetes management plan. Please talk with your doctor about the care you need. The following guidelines should help you.

Guidelines for my diabetes care visits	
 <p>Bring to every visit</p>	<ul style="list-style-type: none"> • A record of self-monitored blood glucose results • A list of medications and supplements • Records of food intake, meal plan, exercise, etc. • Number of days not feeling well • Any non-routine visits
 <p>During every visit</p>	<ul style="list-style-type: none"> • Discuss all records with your doctor and make adjustments as needed • Record weight, body mass index, and blood pressure • Ask for a routine foot examination • Ask about aspirin use for cardiovascular disease • Discuss smoking cessation and alcohol use, if applicable
Two or more times a year	<ul style="list-style-type: none"> • HbA1c test (frequency depends on your glucose control) • Dental exam (two times per year)
 <p>Once a year</p>	<ul style="list-style-type: none"> • Fasting blood sugar • Lipid profile (total cholesterol, HDL, LDL, and triglycerides) • Diabetic eye exam • Microalbumin urine test • Complete foot exam • Flu shot

I can succeed!

Take an active role in managing your diabetes by keeping track of your exams and tests. Take this with you to each doctor's visit.

My personal diabetes tracker		
Exam/test and target	Date	Results
Fasting blood sugar Target: Below 130	1. _____ 2. _____ 3. _____ 4. _____	1. _____ 2. _____ 3. _____ 4. _____
HbA1c (2–4 per year) Target: Speak to your doctor for your individualized target	1. _____ 2. _____ 3. _____ 4. _____	1. _____ 2. _____ 3. _____ 4. _____
Blood pressure Target: Speak to your doctor for your individualized target	1. _____ 2. _____ 3. _____ 4. _____	1. _____ 2. _____ 3. _____ 4. _____
Total cholesterol (1 per year) Target: Below 200	_____	_____
HDL (good cholesterol) (1 per year) Target: Above 40 for men Above 50 for women	_____	_____
LDL (bad cholesterol) (1 per year) Target: Below 100	_____	_____

(Diabetes tracker continued on back)