

My personal diabetes tracker (continued)		
Exam/test and target	Date	Results
Triglycerides (One per year) Target: Below 150	_____	_____
Weight and BMI Target: Speak to your doctor for your individualized target	_____	_____
Diabetic eye exam (at least one per year)	_____	_____
Microalbumin urine test (One per year)	_____	_____
Complete foot exam (at least one per year)	_____	_____
Flu shot (One 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.



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This is intended to provide general information only and 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 regarding your medical condition(s). Coverage for medical services described herein is subject to the terms of your health plan benefit agreement and network coverage varies by plan. Check your member materials for details.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

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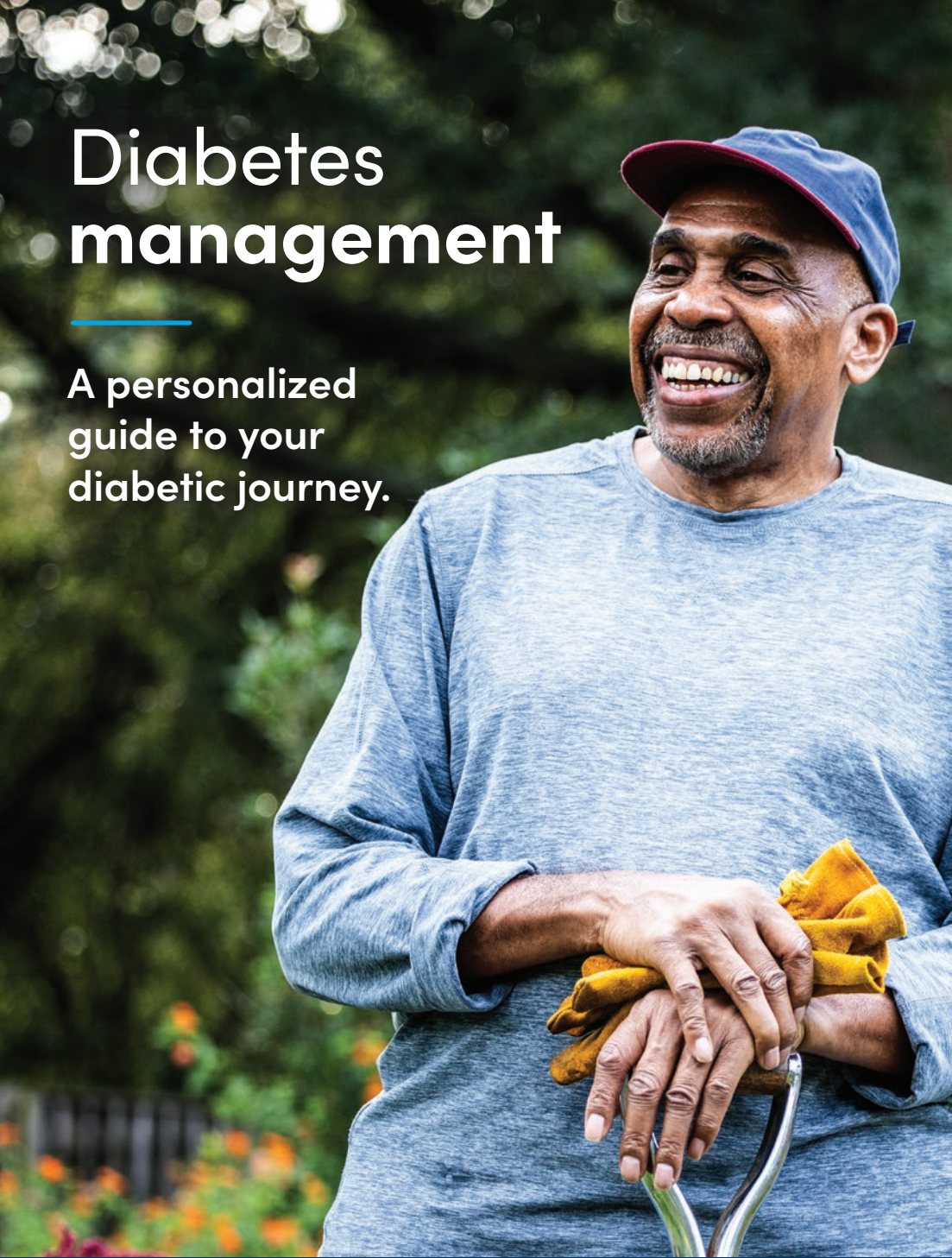
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The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene servicios de asistencia lingüística sin cargo. Llame al número correspondiente a su estado de residencia.

注意：如果您说中文，您可获得免费的语言援助服务。请拨打您所在州相应的电话号码。

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Diabetes management

A personalized guide to your diabetic journey.



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Why diabetes management is important.

When your diabetes is well-managed, you can keep doing the things you love. 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.

Three small steps to help you manage your diabetes.

- 1. Have a voice:** It's important to put yourself at the center of your diabetes management team and communicate regularly with your management team. If you have any questions or concerns about your medications or treatment plan, talk 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, five 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 – 4 servings of low carbohydrate vegetables such as green beans, asparagus, or zucchini, and 1 – 2 servings of fruit per day. That's five total servings of produce. Fiber intake from fruits like berries, citrus, and apples can be good for your HbA1c, but portion size is key.

Taking charge of your 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:

Bring to every visit



- 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

During every visit



- 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



- HbA1c test (frequency depends on your glucose control)
- Dental exam (two times per year)

Once a year



- Fasting blood sugar
- Lipid profile (total cholesterol, HDL, LDL, and triglycerides)
- Diabetic eye exam
- Microalbumin urine test
- Complete foot exam
- Flu shot

The path to success.

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 (One per year) Target: Below 200	_____	_____
HDL (good cholesterol) (One per year) Target: Above 40 for men Above 50 for women	_____	_____
LDL (bad cholesterol) (One per year) Target: Below 100	_____	_____

(Diabetes tracker continued on back)