

## **If you have Diabetes, There are a Few Things you need to know**



1. See your primary care doctor at least twice a year.
2. Have your blood pressure checked at every office visit.
3. Take your shoes off at every office visit for a foot check.
4. Get a dilated eye exam once a year. (Your primary doctor can refer you to an eye specialist.)
5. Have special lab tests:
  - a. Hemoglobin A1c twice a year
  - b. Cholesterol check every year
6. Have a flu shot every year.
7. Get pneumonia shot.

If you have diabetes, your doctor keeps a diabetes flow chart in your record. You can help keep your record up-to-date:

- Take your blood sugar diary and monitor when you see your doctor
- Take ALL of your medicines when you see a doctor

You can improve your health and better manage your diabetes!

- Take your medicine as prescribed
- Check your blood sugar as prescribed
- Eat healthy foods
- Avoid alcohol and tobacco products

If you have questions about DIABETES or any other health concerns: Please contact Access III of the Lower Cape Fear 910-763-0200 (Local) or 1-800-953-0203  
This service is one of the benefits of Carolina Access and is free of charge to you.