







Coastal Medical

Lifespan. Delivering health with care.®

Your Diabetes Guide

DIABETES CHECKLIST

Keep up with your routine screenings by following the “ABC’s” below

- A**1C, every 3-6 months as directed 
- B**lood Pressure, every office visit
- C**holesterol, annually
- D**iabetes Kidney Screening, annually 
- E**ye Exam, every 1-2 years 
- F**oot Exam, annually
- G**et Vaccinated 
 - Flu Shot, annually
 - Pneumonia Shot, as directed



A1C - The A1C is a blood test that tells you what your average blood sugar levels have been for the past 2 to 3 months. This number helps you and your provider monitor your overall blood sugar. By keeping your A1C near target, you can significantly lower your risk of diabetes complications over time.



Diabetes Kidney Screening - Frequent high blood sugar levels over time can lead to changes in how the kidneys function. Because kidney damage can occur for years without symptoms, the best way to learn whether you have kidney problems is to have an annual urine sample or blood test checked once a year, or as directed by your provider.



Eye Exam - Poorly controlled blood sugars are one of the leading causes of blindness. Having annual eye exams can help detect unnoticeable damage to your eyes that can lead to vision complications if untreated. Need help scheduling an eye exam? We're here for you! Contact us at 800-599-1690.



Vaccinations - High blood sugar levels can increase your risk of illness and make it more difficult for your body to fight an infection. Prevention through regular vaccination is key to helping you stay healthy.

NOTES

My most recent:

A1C ___% Date __/__/____

Eye Exam: Date __/__/____

Flu Shot: Date __/__/____

FACT:

For every 1% you lower your A1C,
you greatly lower your risk of
health complications

What does your A1C % mean?



A1C (%)	Estimated Avg. Glucose (mg/dL)
6	126
7	154
8	183
9	212
10	240
11	269
12	298

A1C goal is generally less than 7%. Talk with your provider about what goal is right for you.

Register for our free **Diabetes Information Sessions!**
CoastalMedical.com/classes/diabetes