

Questions to Ask to Help Manage Your Diabetes

Talk to your doctor or health care team member

- What is my heart rate and blood pressure today? Are they in the normal range?
- Is it time to have my pulse checked in my neck and feet?
- Is it time for my twice yearly hemoglobin A1c (HbA1c) test to measure my blood sugar level?
- Is it time for my once yearly LDL Cholesterol blood test?
- What is my ideal weight? What can I do to reach this goal?
- Is it time for my once yearly kidney disease screening?
- Is it time for my yearly foot exam?
- Is it time for the eye exam I should have every one to two years?
- Is this a good time to get my once-yearly flu shot?
- Am I already vaccinated against pneumonia?
- Should I be screened for depression?

Health Goals

- Your hemoglobin A1c count should be less than 7.0%. This important test measures your average blood sugar over the past three months.
- Your blood pressure should ideally be less than “120 over 80” (120/80 mm Hg). Make sure this is tested at every doctor appointment.
- Your LDL cholesterol should be less than 100 (100 mg/dl). Make sure your cholesterol is tested once a year.

Be sure to tell your doctor about any problems with your general health—including leg pains, breathlessness or feeling overly tired.