



An Anthem Company

### Healthy guidelines for people with diabetes

My target blood sugar range is \_\_\_\_\_. I check it \_\_\_\_\_ times a day.

Provider's name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Exam/test	How often	Date completed/results					
		Date	Result	Date	Result	Date	Result
<b>Physical exam</b>							
Height/Weight	Each doctor visit						
Foot	Each doctor visit Daily at home						
Blood Pressure	Each doctor visit						
<b>Eye exams</b>		<b>Date</b>	<b>Result</b>	<b>Date</b>	<b>Result</b>	<b>Date</b>	<b>Result</b>
Glaucoma	Once a year						
Retinopathy	Once a year						
<b>Lab tests</b>		<b>Date</b>	<b>Result</b>	<b>Date</b>	<b>Result</b>	<b>Date</b>	<b>Result</b>
<b>A1C blood test</b>	Up to four times a year						
<b>Urine microalbumin</b>	Once a year						
<b>Fasting blood lipid profile</b>	Once a year						
• HDL (good cholesterol)							
• LDL (bad cholesterol)							
• Triglycerides (blood fats)							
<b>Immunizations</b>		<b>Date</b>	<b>Result</b>	<b>Date</b>	<b>Result</b>	<b>Date</b>	<b>Result</b>
Influenza (flu shot) vaccine	Once a year						
Pneumococcal vaccine (pneumonia shot)	<ul style="list-style-type: none"> <li>• &gt; age 65, once</li> <li>• Every five years, if &lt; age 64 when you received your first shot.</li> </ul>						

Member Services  
1-800-300-8181 (TTY 711)

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