

The following chart lists the medical tests and exams that should be part of your regular office visits.

It includes why each test is given, what the test result should be and how often the test is typically needed. Use this checklist as a tool to better communicate with your doctor and to make sure you are receiving ADA-recommended care for your diabetes.

A Checklist For Your Doctor Visits

✓ Medical Test/ Examination	Why The Test Is Given	What The Test Result Should Be (ADA-Recommended Goal)	How Often The Test Is Typically Needed	YOUR TEST RESULTS	
				Date	Results/Notes
<input type="checkbox"/> A1C	Measures the average of all blood sugars over 2-3 months to evaluate how well your diabetes treatment plan is working	Below 7	Every 3–6 months		
<input type="checkbox"/> Blood Pressure	Determines if medication is needed to control blood pressure and reduce risks of high blood pressure to the heart, eyes, kidneys and nerves	Less than 130/80mmHg	Every doctor visit		
<input type="checkbox"/> Cholesterol Control (LDL-Bad Cholesterol)	Determines if medication is needed to lower cholesterol and reduce the risk of heart attack and stroke	LDL is less than 100 mg/dL	Once a year		
<input type="checkbox"/> Kidney Function Test (Urine Test)	Determines if medication is needed to prevent kidney damage or kidney failure that could lead to dialysis (treatment that replaces kidney function)	Less than 30 mg/24 hours	Once a year		
<input type="checkbox"/> Referral for a Comprehensive Dilated Eye Exam	Determines if there is diabetes-related damage to the eyes	Normal eye exam with no evidence of diabetic retinopathy	Once a year		
<input type="checkbox"/> Foot Exam	Identifies high-risk foot conditions and determines if loss of feeling exists in the feet that may lead to injury or infection	Normal protective sensation or feeling	Every doctor visit		
<input type="checkbox"/> Smoking Status and Stop Smoking Advice	Because smoking increases the rate at which complications from diabetes will occur	Stop smoking	Review at every doctor visit		

As new treatments and research become available, best-practice guidelines may change. That's why it's important for you to know the current best practices and medical standards to most effectively treat your diabetes — and ask your doctor about them — to be sure that you get the right care at the right time.

