



## Important tests and exams to help manage diabetes

**Diabetic care and taking medication as directed will help you manage your diabetes.**

What	Why It is Important	How Often
<b>A1C Blood Sugar Test</b>	<p>Keeping your blood glucose (sugar) levels in a healthy range is important to manage your diabetes and prevent future health problems.</p> <p>An A1C test is a blood test that shows your average blood sugar over the past 3 months and helps your doctor decide on the best treatment options for you.</p>	<b>Every 3-6 months</b> Discuss your individual A1C goal with your doctor.
<b>Diabetes Eye Exam</b>	<p>Over time high blood sugar can damage the blood vessels in your eyes. This can result in swelling and damage to your eyes that can lead to poor vision or even blindness.</p>	<b>Annually</b> (Once a year)
<b>Blood Pressure Check</b>	<p>Diabetes increases your risk for heart disease. High blood pressure means your heart is working harder to pump blood. Over time this can increase your risk of heart attack, stroke, eye disease and kidney disease.</p>	<b>Every visit</b> Talk to your doctor about your blood pressure and risk for heart disease.
<b>Kidney Health Evaluation</b>	<p>Diabetes is the leading cause of kidney disease. Kidney disease often has no symptoms, this is why it is so important to have your kidney health checked with a blood and urine test.</p>	<b>Annually</b> (Once a year)
<b>Other Tests and Exams</b>	<p>Ask your doctor if a cholesterol (lipid) evaluation, dental exam, visual or comprehensive foot exam is right for you.</p>	<b>As recommended by your doctor</b>

**Talk to your doctor to schedule any tests or exams that may be due.**

For questions or help scheduling an appointment, call our Member Care Management team at **1-877-222-1240** (TTY 711), 8 a.m. – 5 p.m. Monday through Friday.

# Diabetes Test and Exams



## What do the numbers mean?

Below are few of the common measures for A1C blood sugar, blood pressure and urine.

Talk to your health care provider about your goals and ranges best for you.

Test or Exam	Ranges	
	Level of Control	A1C Number
<b>A1C Blood Sugar Test<sup>1,2</sup></b> The American Diabetes Association recommends that the goal for most adults with diabetes should be an A1C of 7% or lower.	Normal	5.7% or less
	Goal	less than 7%
	Take Action	7% or more
	Speak to your health care provider about what your A1C goal should be.	
<b>Blood Pressure<sup>3</sup></b> As recommended by the American Diabetes Association	130/80 mm Hg or lower	
<b>Urine Test<sup>4</sup></b> Urine tests can detect a higher than normal amount of albumin in the urine can indicate a problem with the kidneys.	A result lower than 30 mg/dL = normal Results higher than 300 mg/dL is called "macroalbuminuria" and may indicate kidney disease.	



Adapted from these sources:

<sup>1</sup> Centers for Disease Control and Prevention website (accessed June 2023, CDC review February 2023)

<sup>2</sup> American Diabetes Association website, Understanding A1C (accessed June 2023)

<sup>3</sup> American Diabetes Association, Standards of Care in Diabetes – 2023, Volume 46, Issues Supplement\_1

<sup>4</sup> Medical News Today website (accessed June 2023, published January 2022), What is the link between microalbuminuria and dietic nephropathy?

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