



IMPORTANT TESTS AND EXAMS TO HELP MANAGE DIABETES

Blood tests*

- Discuss home blood sugar testing with your health care provider
- **Hemoglobin A1c (HbA1c) testing:** HbA1c poor control ($>9.0\%$). HbA1c control ($<8.0\%$).
 - Quarterly if treatment changes or not at goal
 - At least twice a year if stable at goal
- **Lipid Profile:** Talk to your health care provider about your risks for heart disease and your personalized goal

Urine tests

- **Microalbuminuria:** 0.0 - 20.0 ug/ml – Yearly
- **Urinalysis** – Ketones, protein, sediment

Eye exams

- **Dilated eye exam** – Yearly

Blood pressure

- **Blood pressure:** Less than 140/90 mmHg each diabetes visit

Foot exams

- **Visual exam** – Each diabetes visit
- **Comprehensive foot exam** – At least yearly (more often in patients with high-risk foot conditions)

Other tests (if indicated)

- **Dental exam**
- **Electrocardiogram**
- **Kidney Health Evaluation**
- **Thyroid-stimulating hormone**



For help in managing your diabetes, contact the High Value Outreach team at 1-855-594-8283, or email at memberoutreachinquiry@excellus.com

*Individual goals may be different.

A nonprofit independent licensee of the Blue Cross Blue Shield Association

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

