

Three tests are the 'gold standard' for good diabetes care.

Sure, there are other things that are really important, too. But if you're not getting these three tests, something's not right.

In a 12 month period, you should receive:

- ✓ Two A1C blood sugar tests
- ✓ One blood test for LDL or "bad" cholesterol
- ✓ One test to see how well your kidneys work and/or diagnosis and treatment of kidney disease

Here's some more things you can be doing to keep your diabetes in check:

- ✓ Ask your doctor to check your weight, blood pressure and feet
- ✓ Ask your doctor to help you develop a plan to manage your diabetes
- ✓ Ask your doctor to check your triglycerides once a year
- ✓ Get a dental exam and a dilated eye exam once a year
- ✓ Get your flu/pneumonia shots as needed