

Manage Type 2 Diabetes with a *HEALTHY DIET*, *REGULAR EXERCISE* and these *SIX SIMPLE STEPS!*

- 1 *Hemoglobin A1C test:*** Get this test at least twice a year. It measures your average blood sugar levels over the past two or three months.
- 2 *Blood lipid test:*** This blood test of cholesterol and triglycerides should be done annually, or as advised by your doctor.
- 3 *Dilated eye exam:*** Once a year make an appointment with your eye care professional for a complete eye exam.
- 4 *Kidney function test:*** At least once a year get screened for kidney problems with a urine test that checks for protein and creatinine.
- 5 *Blood pressure:*** Get your blood pressure checked at every medical appointment.
- 6 *Foot exam:*** Examine your feet every day for changes to the skin or nails, and at every medical appointment have the nerves and circulation of your feet checked.

If you have questions or need help scheduling an appointment, please contact your Care Management Team at caremanagement@highcarehealth.com.

