



Partner with Your Primary Care Provider to Better Manage Your Diabetes

Each year, 1.5 million new cases of diabetes are diagnosed.*

If you or someone you know is living with diabetes, a primary care provider (PCP) can help manage this condition.

Schedule a visit with your PCP, who will:

- Explain your numbers: blood pressure, cholesterol levels, blood sugar level and body mass index.
- Help provide resources for making healthy food choices (lower carb options).
- Suggest adding exercise to your day. Small steps each day add up. Light walking is a great place to start.
- Offer treatment therapies that can better control your condition.

Use this handy chart to print out and keep track of your results.

Test or Exam	When to Have It**	My Results
Hemoglobin A1c	2 to 4 times a year	
Blood Pressure	each visit	
Cholesterol Levels	once a year	
Body Mass Index	once a year	
Dilated Eye Exam	every 1 to 2 years	
Urine for Protein	once a year	
Foot Exam	each visit	

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*<https://dph.illinois.gov/topics-services/diseases-and-conditions/diabetes.html>
**Recommendations may vary. Discuss the start and frequency of screenings with your health care provider, especially if you are at increased risk.