I will take care of my diabetes by doing these things:

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<th>I will begin this on:</th>
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Make an appointment to talk with my doctor about how I can take care of my diabetes

Get the most out of my provider visit. I will write down at least 2 questions and bring my blood sugar meter to my appointment

Test my blood sugar and write down my readings

Take my medications at the right time every day

Make and keep my appointments to get my eyes examined at least once every year

Go to the lab, or my provider's office, for my A1c test, in order to meet my goal for how often I will get A1c testing

Improve my food choices by using a plate method for each of my meals

Ask my Care Manager to help me find ways to improve my food choices

Talk to my Care Manager about how I can make taking care of my diabetes easier

Other things that I would like to work on:

| __/__/____ |
| __/__/____ |
| __/__/____ |
What is an A1c test?

The A1c test gives you information on how your blood sugar control has been for the past 3 months. This is different from your daily blood sugar test, which gives you your blood sugar level at that moment in time.

Why is A1C important?

You and your healthcare provider use the results of your A1c tests to see if you need to make changes to your treatment plan. If your blood sugar is not under control, it can hurt your heart, blood vessels, kidneys, feet, and eyes.

What I should consider doing:

Schedule Regular Appointments

Make sure you schedule and go to your healthcare appointments.

Ask Your Healthcare Provider

At your appointments, ask:

- What is my A1c goal? (For example, some individuals with diabetes may have an A1c goal of 7%)
- How often should I have my A1c checked?
- What can I do to keep my blood sugar under good control?