

Routine exams and screenings are vital to managing diabetes.

When you live with diabetes, you have a greater risk for serious complications that can impact your health. That's why your doctor will recommend a variety of regular tests or screenings that check your overall physical condition or focus on certain parts of your body.

These and other routine medical procedures are called "preventative services." They include your annual flu shot, a blood test to check your cholesterol level, and a vaccine to help protect you from pneumonia.

Some tests are recommended at certain ages, such as colon cancer screenings for adults turning 50. Women should have an annual mammogram; for men, a prostate exam. Preventative services often include advice on improving your health through changes in diet, exercise and lifestyle. More importantly, any potential issues can be identified and treated early, so that minor problems can stay exactly that... *minor*.

Preventative tests...prompt timing: Caring for diabetes puts a special focus on detecting problems early.

Keep a record, including the results.

There are a variety of health screenings and exams suggested for adults on a regular basis, regardless of having diabetes. However, it may be hard to remember which tests you've had, and when you had them. That's why keeping a record of these routine tests is so important.

It's especially true if you change doctors, because your previous medical record may not travel with you to the new doctor's care. By providing your new healthcare team with a list of the tests you've recently had, together you can determine which preventative services are missing, so you can get the tests you need to stay your healthiest.

Each exam or screening is important for preventing serious illness through early identification of any problems, and starting treatment when appropriate.

Understand which preventative services you need, and why.

Ask your doctor what services you need and how often they should be performed. After each suggested service is completed, review the results with your doctor, and discuss if they require you to make changes. Follow your doctor's advice about healthy lifestyle choices. Be sure to take all medications as prescribed as they can help prevent other health problems. For example, medications for blood pressure can keep blood pressure under control, which could prevent a stroke.



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Know which preventative services are covered by your health plan.

Not all health plans cover the same services. To avoid any surprises, call the customer service number on the back of your health plan card to learn the specific services your plan covers.

People with diabetes need additional routine exams and services.

Diabetes is a serious condition that needs special attention. In addition to checking your blood sugar as your doctor has prescribed, there are several tests you need on a regular basis to help monitor your body's health.

General tests specifically for people with diabetes.

Listed here are the general tests you need to help you understand your body's health as you live with diabetes. Talk with your doctor to know the best schedule for your individual health requirements.

General tests for all adults, including people with diabetes.

The list of preventative services that follows contains general guidelines for most people, recommended by leading health experts, and may be modified for any individual. How frequently you need tests may be different from standard guidelines. Check with your doctor to know when you should have these services.



Test	Frequency
A1C (ADA* Target <7%)	2–4 times per year
Urine and Blood Tests of Kidney Function	Once per year
Dilated Eye Exam	Once per year
Complete Foot Exam	Once per year
Blood Pressure	Every 1–2 years
Cholesterol or Lipid Panel	Every 5 years
Blood Sugar	Discuss with your doctor or nurse
Eye Exam/Glaucoma	1 time per year
Dental	1–2 times per year
Colorectal Screening	Every 5 years
Mammogram	Every year
Clinical Breast Exam	Every year

*ADA = American Diabetes Association

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Test	Frequency
Pap Test/Pelvic Exam	Every 1–3 years
Prostate PSA/DRE**	Discuss with your doctor or nurse
Hearing	First test by age 60; then every 3 years
Stool Exam for Hidden Blood	Every year
Bone Density	Per risk
Depression Screening	Periodically

**PSA = Prostate Sensitive Antigen; DRE = Digital Rectal Exam



Medicare Part B patients: Call **1-877-231-5199** and mention reference code **ED06500** to order your diabetes testing supplies.
Web site: www.RxSolutions.com/diabetes

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