

# Recommended Screenings



Routine physicals and lab work can help prevent and/or delay the onset of diabetes-related complications. Be sure to follow up with your primary care provider or endocrinologist for further guidance.

Test or Screening	Why is this test or screening important?	What is involved in this test or screening?	How often should I have this test or screening?
Eye Health	<i>Helps prevent, detect or delay:</i> <ul style="list-style-type: none"> <li>» Diabetic retinopathy</li> <li>» Glaucoma</li> <li>» Cataracts</li> <li>» Macular edema</li> <li>» Dry eye</li> <li>» Blindness</li> </ul>	A retinal eye exam or screening conducted by an optometrist or ophthalmologist.	At time of diabetes diagnosis, then yearly
			<b>Date of my last retinal eye exam:</b> ____ / ____ / ____
Kidney Health	<i>Helps prevent, detect or delay:</i> <ul style="list-style-type: none"> <li>» Kidney failure</li> <li>» Need for kidney dialysis</li> <li>» Reduced risk of cardiovascular disease</li> </ul> These tests indicate how well your kidneys are working.	A blood test called Estimated Glomerular Filtration Rate (eGFR).  A urine test called Urine Microalbumin.	At time of diabetes diagnosis, then yearly
			<b>Date of my last blood and urine tests:</b> ____ / ____ / ____
Foot Health	<i>Helps prevent, detect or delay:</i> <ul style="list-style-type: none"> <li>» Diabetic foot ulcers</li> <li>» Neuropathy</li> </ul>	Examination and evaluation of your feet, conducted by your primary care provider, endocrinologist or podiatrist	Yearly
			<b>Date of my last foot exam:</b> ____ / ____ / ____
A1C	Provides a 2-3 month snapshot of your average glucose level that helps you and your provider understand how well your diabetes self-management program is working.	A blood draw at your local lab.	Every 3, 6 or 12 months, determined by your provider
			<b>Date of my last A1C test:</b> ____ / ____ / ____

## Diabetes and Vaccines

Vaccines can help prevent serious illness. Preventing illness is critical in helping to manage your diabetes. Underlying conditions, such as diabetes, can increase the risk for severe illness.

Vaccine		Completed Date
Covid-19	Initial vaccine and boosters	____ / ____ / ____
Hepatitis B	<60 years of age, ≥60 years of age based on risk assessment from provider	____ / ____ / ____
Flu	Yearly	____ / ____ / ____
Pneumonia	19-64 years of age and ≥65 years - follow up with provider about which vaccine is best for you	____ / ____ / ____
RSV	1 dose for ages 60 years of age and older	____ / ____ / ____
Tetanus	Booster every 10 years	____ / ____ / ____
Shingles	≥50 years of age	____ / ____ / ____