



What Can **YOU** Do to **PREVENT** the Complications of Diabetes?

➤ Daily Checklist:	➤ 6 Month / Yearly Checklist:
Monitor Blood Sugars <input type="checkbox"/>	Have A1C checked at least every <input type="checkbox"/>
Count Carbohydrates <input type="checkbox"/>	6 months
Exercise <input type="checkbox"/>	Have a physical once a year <input type="checkbox"/>
Take medications as prescribed <input type="checkbox"/>	Have your cholesterol checked at least <input type="checkbox"/>
Low Sodium/Low Saturated Fat Diet <input type="checkbox"/>	every year
Don't smoke <input type="checkbox"/>	Have a dilated eye exam done <input type="checkbox"/>
Inspect feet daily <input type="checkbox"/>	once a year
Report any signs of infection to your <input type="checkbox"/>	Have a urine microalbumin test done <input type="checkbox"/>
doctor immediately	once a year
Maintain good, daily oral hygiene <input type="checkbox"/>	Have a foot exam once a year <input type="checkbox"/>
	Get a flu shot every year <input type="checkbox"/>