



Recommended Screenings for Adults with Diabetes

People with diabetes are at higher risk for health problems. It's important to see your doctor regularly to ensure you stay healthy.



HbA1c Blood Test (Every 3 to 6 months)

This blood test measures your blood sugar levels over the last few months. It tells your doctor how well your diabetes is controlled and whether to adjust your medications.



Microalbumin Urine Test (Once a year)

This urine test screens for protein in your urine to see if your kidneys are being affected. Your doctor can change your medications or begin treatment to prevent future damage.



Dilated Retinal Eye Exam (Once a year)

This eye exam looks for damage to the blood vessels of the retina in the back of your eye. If damage is found, your doctor can start treatment to limit the damage.



Foot Exam (Every visit)

Foot complications can be the result of nerve damage, circulation problems, or poor healing. By examining your feet, your doctor can find problems and start treatment, if needed.



Blood Pressure Check (Every visit)

By checking your blood pressure, your doctor can determine if you have high blood pressure and start treatment, if needed.



Flu & Pneumonia Shots (Once a year)

Talk with your doctor about flu and pneumonia shots. These vary by age and type. There may also be other shots that your doctor suggests.