

If you have diabetes.....

The Centers for Disease Control and Prevention (CDC) recommend each year you have these four services.



Four prevention services you should receive every year:

- Dilated eye examination
- Neurosensory foot examination
- Influenza vaccination (ask your healthcare provider about the need for a pneumonia vaccination)
- Hemoglobin A1c test (this gives you an average reading of your blood sugar levels over the last 3 months)

Use the back of this card as your checklist to ensure you are doing everything you should be doing to control your diabetes.

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Your Name: _____

Check off the service as you receive it so you can keep track of your diabetes care.

_____ Dilated eye examination Date: _____

_____ Neurosensory foot examination Date: _____

_____ Influenza vaccination Date: _____

_____ Hemoglobin A1c test Number: _____ (Goal is 6.5 or below)

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