Our records say that you last had a diabetes eye exam on _______________. This special eye exam once a year can help prevent blindness.

The American Diabetes Association and iDo suggest that people with diabetes get this eye exam by an eye doctor each year.

Call us today at ___________________ to make an appointment.

We care about your health!

The staff at ________________________________________________.

**Ask Your Doctor or Nurse: “Am I Due for ...?”**

- Review blood sugar log (each visit)
- Blood pressure check (each visit)
- A1C (blood sugar) lab test (every 3 to 6 months)
- Dental exam (every 6 months)
- Cholesterol test (yearly)
- Urine protein test (yearly)
- Complete foot exam (yearly)
- Eye exam (yearly)
- Teaching on healthy eating habits (every 1 to 2 years)
- Teaching on diabetes self-care (every 1 to 2 years)
- Flu shot (yearly)
- Pneumonia shot (every 5 years, may need booster)

*Bring this sheet to every doctor visit!*