

YOUR **DIABETES** CHECK-UP

HOW ARE YOU DOING? With close medical management and regular testing, we can help you prevent diabetes complications.

A1C TEST

EXAM DATE:	RESULTS:	DESIRED RESULTS:	NEXT EXAM:
	%	%	

LDL CHOLESTEROL

EXAM DATE:	RESULTS:	DESIRED RESULTS:	NEXT EXAM:
	MG/DL	MG/DL	

BLOOD PRESSURE

EXAM DATE:	RESULTS:	DESIRED RESULTS:	NEXT EXAM:

URINALYSIS FOR PROTEIN

EXAM DATE:	RESULTS:	DESIRED RESULTS:	NEXT EXAM:

FOOT EXAM:

EXAM DATE:	RESULTS:	NEXT EXAM:

VISION EXAM

EXAM DATE:	NEXT EXAM:

EXERCISE

EXAM DATE:	DAYS PER WEEK



SIGN UP NOW FOR A

FREE DIABETES EDUCATION WORKSHOP

RX

One meeting per week for 6 weeks to help improve diabetes management and control.

TO FIND A **FREE** DIABETES EDUCATION WORKSHOP VISIT WWW.MISSOURICLAIM.ORG/DIABETES, OR CALL 800-735-6776 [PRESS OPTION 6].