

Do you take better care of your car than you do your diabetes? If your answer is “yes”, it’s time to get back in the driver’s seat with your diabetes. By reviewing these five tips, you’re on the road to a diabetes tune-up!

Keep regular appointments with your diabetes healthcare provider

- Regular medical care is key for your diabetes health. Even if you feel well, aim to see your healthcare provider to review your diabetes care plan 2 – 4 times a year.
- Be prepared for your visits. Write down your questions ahead of time. Bring copies of your blood glucose log book and all the medicines you are taking.

Meet with a diabetes educator to review your treatment plan

- No matter how long you’ve had diabetes there is always something new to learn. A diabetes educator can spend time reviewing new treatment options and new products that make managing diabetes easier. An educator will work with you to find solutions for things that make caring for your diabetes hard.

Find out the result of your last A1C and know your target level

- An A1C blood test tells the average of all the glucose results over the past two to three months. For most adults with diabetes, the target level should be below 7%. Aim to have it checked 2 – 4 times a year.
- Lowering your A1C level may reduce your risk for complications. For every 1% you lower your A1C, you lower your chances of getting complications by up to 35%.

Check your blood glucose levels with a meter and learn how to use your results

- Know your blood glucose targets: 90-130 before meals and less than 160 two hours after meals are targets for most people with diabetes.
- Write down your results in your logbook and call your healthcare team if your results are too high or too low and you’re not sure what to do.

Take your diabetes medicines as prescribed by your healthcare provider

- Medicines can help, but only if you take them! Know what to do if you forget to take a dose.
- Talk with your pharmacist or healthcare provider if you have side effects or have questions about your medicines. There are other medicines to try if one kind isn’t working well for you.

Keeping records on your car is important so you can remember what has been done to keep it running well. For the same reason, keep records of your medical visits and the results of your lab tests and exams. Make a diabetes “tune-up” a regular part of your treatment plan to keep you running well, too!