

Things for Your Health Care Provider to Look at Every Time You Have a Checkup

Your blood glucose records	<p>Show your records to your health care provider.</p> <hr/> <p>Tell your health care provider if you often have low blood glucose or high blood glucose.</p>
Your weight	<p>Talk with your health care provider about how much you should weigh.</p> <hr/> <p>Talk about ways to reach your goal that will work for you.</p>
Your blood pressure	<p>The goal for most people with diabetes is less than 130/80.</p> <hr/> <p>Ask your health care provider about ways to reach your goal.</p>
Your diabetes medicines plan	<p>Talk to your health care provider about any problems you have had with your diabetes medicines.</p>
Your feet	<p>Ask your health care provider to check your feet for sores.</p>
Your plan for physical activity	<p>Talk with your health care provider about what you do to stay active.</p>
Your meal plan	<p>Talk about what you eat, how much you eat, and when you eat.</p>
Your feelings	<p>Ask your health care provider about ways to handle stress.</p> <hr/> <p>If you are feeling sad or unable to cope with problems, ask about how to get help.</p>
Your smoking	<p>If you smoke, talk with your health care provider about how you can quit.</p>