Every 3 Months

- Regular doctor's office visit
- A1C blood test
  Every 3 months if your blood sugar (glucose) number is too high
- Blood pressure check
- Weight check
- Foot check

Every 6 Months

- A1C blood test
  Every 6 months if your blood sugar (glucose) number is good
- Teeth and gums exam by your dentist

Every Year

- Physical check-up (exam) by your doctor
- Complete foot exam
- Check cholesterol and other body fats (lipid profile test)
- Complete (dilated) eye exam by an eye doctor
- Flu shot
- Kidney tests