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