

Guidelines for Adult Diabetes Care

Exams, Tests and Immunizations

You are the most important member of your health care team. Talk with your health care providers about the exam, test and immunization schedules shown below. Plan for them as part of your regular health care routine. This will help your health care providers find diseases or problems in the early stages when they are more treatable.

Exams

Type of exam	How often
Doctor office visit (includes diabetes treatment plan review, foot exam, height, weight and blood pressure check*)	every 3 to 6 months, based on health status
Retinal eye exam	every year
Foot exam	every year or more often if there is a problem
Diabetes education update	every year
Dental visit	every 6 months
* Talk about the use of aspirin, ACE inhibitors and a statin.	

Tests

Type of test	How often	Target range
A1c blood test	You should have this test at least twice a year; more often if A1c goals are not met.	7 percent or less for most people
Microalbuminuria (kidney)	every year for most people	30 mcg/mL or less
Blood pressure	every visit	130 or less (top number) or 80 or less (bottom number)

(over)

Immunizations

Type of immunization	How often
Flu shot	every fall
Pneumonia vaccine	One time, although some people may need a second dose. Ask your health care provider.
Tetanus	every 10 years
Hepatitis B vaccine	One time, a series of three injections (shots) for ages 19 to 59 years old within 6 months.

About Exams, Tests and Immunizations

- **Retinal eye exam:** A complete eye exam includes dilation of the retina to check for disease (retinopathy) or change. This may prevent blindness.
- **Foot exam:** A complete exam of your feet will include testing for sensation (monofilament, circulation and pulse) and checking their color.
- **Diabetes education:** Learn about individual or group classes.
- **Diabetes education with a dietitian:** A dietitian can discuss healthy food choices and help customize a calorie and carbohydrate count that fits well with your schedule and lifestyle.
- **A1c:** This lab test reflects your average blood glucose level over the past 3 months.
- **Microalbumin:** This test detects minute amounts of protein in urine. An increase of the amount of protein in urine is an indication of kidney failure in people with diabetes.
- **Blood pressure check:** Untreated high blood pressure can lead to heart disease, stroke, leg diseases, kidney failure and eye diseases. Allina Health recommends a blood pressure of 130/80 or less.
- **Flu shot:** Flu vaccine will prevent or lessen flu symptoms November through February.
- **Pneumonia vaccine:** This vaccine will prevent pneumococcal pneumonia in adults older than age 65 and those with high-risk conditions (such as diabetes or asthma).

Please contact your health insurance provider about coverage for these tests, exams and immunizations. A doctor's referral for health services does not guarantee coverage.