



Identification

Name _____ Phone _____

Street _____

City _____ State _____ Zip _____

Doctor _____

Health Insurance Provider _____



Notify In Emergency

Name _____ Phone _____

Street _____

City _____ State _____ Zip _____



Important Health Checks

Get the following tests at your doctor:

Diabetes

- Blood sugar levels
- A1c level
- Eye exam
- Urine/kidney screening
- Foot exam

Preventive Screenings

- Mammogram
- Pap smear
- Colonoscopy
- Blood pressure
- Cholesterol

Immunizations

It is important to keep track of your immunizations at any age. Make sure that you are up to date on the following vaccines:

- Flu** – Annually in the fall.
- Hepatitis B** – As recommended by your doctor.
- Pneumococcal** – Once after the age of 65 or as recommended by your doctor.
- Tetanus, Diphtheria** – A booster every 10 years.
- Zoster vaccine** – For some patients over age 60. Check with your doctor on your next visit.

If You Have Diabetes, During Your Visits to Your Doctor Be Ready to...

Roll Up Your Sleeve

...Be ready for a blood test.

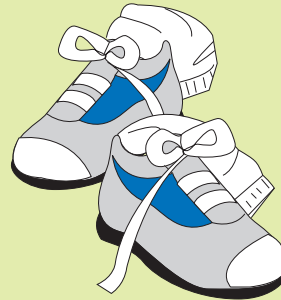
You need at least two HbA1c tests and one lipid test a year.

Your doctor will tell you directly how many and how often.



Take Off Your Shoes

...Be ready to have your feet checked each time you visit your doctor.



Open Your Eyes

...Be ready for your doctor to remind you to get a dilated eye exam every year with an eye doctor.



Drop In The Bucket

...Be ready to give a urine sample to have your kidneys checked each year.



**Be Sure to Get Regular Check-ups.
Partner with Your Doctor.**



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**Dr. Martin
Luther King,
Jr. Day**

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People with diabetes are more likely to have a heart attack than those who don't have diabetes. Rather than chest pain, a heart attack may show up as:

- shortness of breath
- feeling excessively tired
- weakness, no energy
- nausea, upset stomach

February

2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 National Wear Red Day	6
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Valentine's Day

Presidents' Day

Ash Wednesday

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American Heart Month

African-American History Month

JANUARY

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MARCH

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Eye disease in diabetes develops with few symptoms but leads to blindness. To minimize vision loss:

Schedule an eye exam with an ophthalmologist this month!

March

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 National Nutrition Month	2 Red Cross Month	3	4	5	6
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Daylight Saving Time begins

St. Patrick's Day

Spring begins

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FEBRUARY

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APRIL

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Palm Sunday

Passover
Begins at Sundown



The best way to prevent diabetes complications is to keep your blood sugar as normal as possible.

Blood sugar levels vary throughout the day. Ask your doctor how often you should check your blood sugar.

April

2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>MARCH</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p>MAY</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	Cancer Control Month	1 National Donate Life Month	2 Good Friday	3
4 Easter	5	6	7	8	9	10



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Income
Taxes Due

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Make exercise an important part of your daily routine. Regular exercise helps lower and regulate blood sugar and reduce the impact of other health conditions — high cholesterol, high blood pressure and obesity.

May

2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>APRIL</p> <p>S M T W T F S</p> <p> 1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>	<p>JUNE</p> <p>S M T W T F S</p> <p> 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>Arthritis Awareness Month</p> <p>Asian Pacific American Heritage Month</p>	<p>Older Americans Month</p> <p>National High Blood Pressure Month</p>	<p>Mental Health Month</p> <p>National Osteoporosis Awareness & Prevention Month</p>	<p>1</p> <p>National Physical Fitness and Sports Month</p>
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Mother's Day

Armed Forces Day

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Memorial Day

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National Senior Health & Fitness Day®



What you can't feel can hurt you. Diabetes can lead to nerve damage – numbness, tingling, unable to feel. Have your doctor check your feet for nerve damage.

June

2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	National Safety Month					
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Flag Day

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Father's Day

Summer begins

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JULY

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Plan ahead to keep diabetes from interfering with your vacation. When you travel, keep your medication and supplies in carry-on bags.

July

2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>JUNE</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>AUGUST</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p>National Recreation & Parks Month</p>	<p>1</p> <p>UV Safety Month</p>	<p>2</p>	<p>3</p>
<p>4</p> <p>Independence Day</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>

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Diabetes is the leading cause for kidney disease resulting in dialysis. To prevent kidney problems, keep your blood pressure and glucose levels close to normal and have a urine test every year.

August

2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Cataract Awareness Month	2 National Immunization Awareness Month	3	4	5	6	7
8	9	10	11 1st Day of Ramadan	12	13	14

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SEPTEMBER

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National Grandparents Day

National Hispanic Heritage Month (9/15-10/15)

Yom Kippur Begins at Sundown

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Autumn begins

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National Women's Health & Fitness DaySM



October is Breast Cancer Awareness Month.

Have you or your loved one had a recent mammogram?

Medicare Part B helps cover the cost. For more information, call **1-800-633-4227**.

October

2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>SEPTEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30</p>	<p>NOVEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	<p>National Breast Cancer Awareness Month</p>	<p>Healthy Lung Month</p>	1	2
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<p>National Fire Prevention Week</p>						



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**Columbus
Day**

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**Halloween
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November is American Diabetes Month. Be sure to schedule all of the doctor appointments and tests you need — HbA1c, Blood Pressure, Eye Exam, Cholesterol Test, Urine Screening and Foot Exam.

November

2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
American Diabetes Month®	1 National AIDS Awareness Month	2 Election Day	3 National Alzheimer's Disease Awareness Month	4 American Indian Heritage Month	5 Family Caregivers Month	6 National Home Care & Hospice Month
7 Daylight-Saving Time ends	8	9	10	11 Veterans Day	12	13

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Thanksgiving Day

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DECEMBER

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Have healthy, quick-to-fix foods on hand, and you'll be less tempted by foods that aren't good for you during the holiday season.

December

2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>NOVEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	<p>JANUARY 2011</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p>1</p> <p>Hanukkah Begins at Sundown</p>	2	3	4
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Kwanzaa Begins		Winter begins			New Year's Eve	Christmas Day

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JANUARY

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FEBRUARY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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