

Important tests and exams to help manage diabetes



Blood tests*

- Before meal blood sugars: 70–130 mg/dL
- Postmeal (≈2.0 hours) blood sugars: <180 mg/dL
- A1C: <7%
 - Quarterly if treatment changes or not at goal
 - At least 2 times a year if stable at goal
- Lipid profile
 - Yearly
 - LDL (“bad” cholesterol): <100 mg/dL
 - Triglycerides: <150 mg/dL
 - HDL (“good” cholesterol):
 - >40 mg/dL for males
 - >50 mg/dL for females

Key:

< : is less than

> : is more than

≈ : Approximately



Urine tests* (Kidney function)

- Microalbuminuria: <30 µg/mg creatinine
 - Yearly
- Urinalysis
 - Ketones, protein, sediment



Eye exam*

- Yearly diabetic eye exam to check for retinopathy



Other tests* (if indicated)

- Thyroid-stimulating hormone
- Electrocardiogram
- Dental exam



Blood pressure*

- Blood pressure: <130/80 mmHg each diabetes visit



Foot exams*

- Physical foot exam at each visit to look at toenails, check for sores that aren't healing and infections

*Individual goals may be different

This material was adapted from GSK.

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).