MoHealthNet

Be In *Control* Of Your Diabetes!

Take this card to your doctor and ask about the tests and information below:

Blood Sugar: *Blood test twice a year if controlled (less than 7.0)*
Every 3 months if uncontrolled (greater than 8.0)

Cholesterol: *Blood test twice a year if taking cholesterol medicine*
Once a year if not taking cholesterol medicine

Urine Test for Protein: *Every year by your doctor*

Weight: *Every doctor visit*

Blood Pressure: *Every doctor visit*

Foot Exam: *Every year by your doctor*

Eye Exam: *Every year by your doctor*

Track your test results on the back of this card

Call us with your results toll-free at 1-866-464-7147 and receive a free gift!

APS HEALTHCARE
Healthy Together

Blood Sugar	Cholesterol	Urine Test For Protein	Weight	Blood Pressure	Foot Exam	Eye Exam