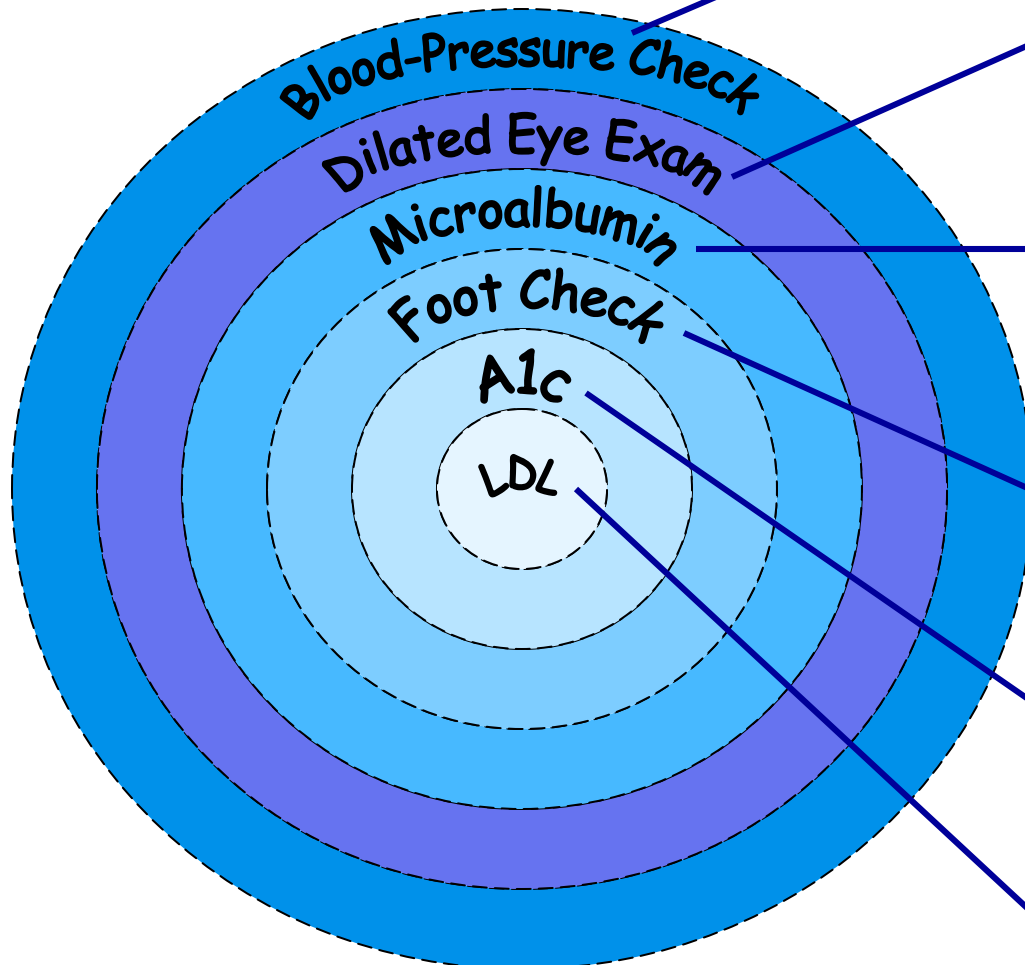


Stay on Target With Your Diabetes



What is it? A test to tell if you have high blood pressure
How often needed: Yearly
Goal: Less than 130/80

What is it? A test done by an eye-care specialist that tells if there are changes that could lead to blindness
How often needed: Yearly
Goal: No eye disease

What is it? A test that measures the amount of albumin (a type of protein) in your urine. It is used to tell if you have kidney disease.
How often needed: Yearly
Goal: Negative

What is it? A test to check if you have nerve or skin damage. The check is done without your shoes and socks on.
How often needed: Every visit at least yearly
Goal: Healthy feet

What is it? A test that measures your blood sugar for a period of 3 to 4 months
How often needed: Twice a year
Goal: Less than 7.0

What is it? A test that measures the amount of "bad" cholesterol in your blood
How often needed: Yearly
Goal: Less than 100 mg/dL