



# In Control

with Health Plan of Michigan



FALL 2006

### KEY POINTS

Remember to have these routine tests to keep yourself healthy:

**HbA1c blood test** (at least 2 times a year)

**LDL blood test** (Lipid profile test) The goal for most people is less than 100

**Microalbuminuria** Urine test to check that your kidneys are working the right way.

**Yearly dilated retinal eye exam**

**Foot exam** (at least two times a year)

For more information on diabetes call 1-888-437-0606 and ask for Disease Management or visit our website at [www.hpmich.com](http://www.hpmich.com)

## Know Your Diabetes ABC Numbers

There are many good reasons to manage your diabetes now. In the short run, you will (1) feel better; (2) stay healthy; and (3) have more energy. In the long run, you can (1) reduce your risk for heart attack and stroke, (2) reduce your risk for eye, kidney, or nerve disease; and (3) enjoy life more.

**Knowing your diabetes ABC numbers means that you and your doctor manage your:**

- **A1C**
- **Blood Pressure**
- **Cholesterol**

### A1C (HbA1c)

- The hemoglobin A1c test is a simple lab test that shows the average amount of sugar (also called glucose) in a person's blood over the last 3 months. This test shows if a person's blood sugar is close to normal or too high. It's the best test for your doctor to tell if your blood sugar is under control.
- The goal is 7% or less.
- Checking your own blood glucose at home on a regular basis will help you get your A1c to the goal.
- All persons with diabetes should have a HbA1c test at least twice a year. You may need it more often than that if your blood sugar stays too high or if your doctor makes any change in your treatment plan.

### Blood Pressure

High blood pressure makes your heart work too hard. This can cause heart attacks, strokes and kidney disease.

- Your blood pressure should be checked at every doctor visit.
- The goal is 130/80 or lower.
- If you need blood pressure medication to help lower it, make sure that you take it as directed by your doctor.

### Cholesterol

Bad cholesterol, or LDL can build up and clog your blood vessels. It can cause a heart attack or stroke.

- The LDL cholesterol level for most people with diabetes is less than 100.
- You doctor should check your LDL level at least once a year.

**Talk to your doctor about what you two can do to help you reach these goals.**

Please tear off and take to your next appointment

Name: \_\_\_\_\_ Date: \_\_\_\_\_

My HbA1c is: \_\_\_\_\_ My LDL is: \_\_\_\_\_ My BP is: \_\_\_\_\_

My next appointment is: Date: \_\_\_\_\_ Time: \_\_\_\_\_

Any HPM member who has been diagnosed with Diabetes is automatically enrolled in our Diabetes Disease Management Program. If you do not wish to receive our newsletters and educational materials, please call 1-888-437-0606, ext. 1345