Each year we ask that you complete these exams and tests.

**A1c test**
- Complete __ Not Complete
You should have (2) A1c tests a year during your normal diabetic appointments. The A1c test measures your 3 month blood sugar average.

**Lipid panel**
- Complete __ Not Complete
You need to have at least (1) lipid panel a year. This is a blood test that measures the cholesterol types and levels in the blood.

**Diabetic foot exam**
- Complete __ Not Complete
(Your last foot exam: ________)
You should have a diabetic foot exam at least once a year* to check for any signs of injury or nerve damage to your feet. Call 918-762-6530 for an appointment or stop by the medical clinic window today.

**Dilated eye exam**
- Complete __ Not Complete
(Your last eye exam: ________)
You should have a dilated eye exam once a year* to check the blood vessels in your eyes.

**Dental exam**
- Complete __ Not Complete
(Your last dental exam: ________)
You should have a dental exam once a year even if you have dentures.

**Nutrition**
- Complete __ Not Complete
(Your last nutrition visit: ________)
You should have a nutrition appointment once a year.

**EKG (Electrocardiogram)**
- Completed __ Not Complete
(Your last EKG: ________)
You should have an EKG at least every 2 years. Ask your doctor about scheduling an EKG if it has been more than 2 years.

*Eye and foot exams are done in the same month of each year. If you had your eye or foot exam in September 2011, you cannot schedule it until September 2012

If you go to another doctor or clinic for any of these services, please let your healthcare provider know so that they can update your chart and give you credit for those services.

What questions do you have?

Please call Cheryl Glover, RN 580-723-4466 ext 251
Otoe-Missouria Special Diabetes Program for Indians Coordinator