

## **DID YOU KNOW?**

### **The national clinical recommendations for adults with diabetes include:**

1. Obtaining glycosylated hemoglobin (HGA1C) blood testing four times per year if there have been treatment changes or the blood sugars are unstable. (They recommend the test twice per year for stable blood sugars)
2. A dilated eye exam yearly
3. Lipid profile, urinalysis for protein and microalbumin testing yearly
4. Foot exam, blood pressure and weight with each regular diabetes visit

**The HGA1C should be less than 7.0%**

**Blood pressure should be below 130/80**

**Lipid levels: LDL should be less than 100mg/dl**

**Triglycerides should be less than 150mg/dl**

**HDL should be greater than 40mg/dl**

**If you were not aware of these guidelines or you would like more information on diabetes, please contact Med-Cert, Inc. at 866-633-2378 (toll free).**



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