



**Rocky Mountain  
Diabetes Center**  
*Endocrine Specialists for Adults and Children*

# Diabetes Care

---

## CHECK LIST

- ☐ EYE EXAM (ONCE A YEAR)
- ☐ A1C (EVERY 3 MONTHS)
- ☐ CHOLESTEROL (ONCE A YEAR)
- ☐ BLOOD PRESSURE ( WHEN VISITING DOCTOR)
- ☐ FEET (ONCE A YEAR)
- ☐ KIDNEYS (ONCE A YEAR)
- ☐ DENTAL EXAM (EVERY 6 MONTHS)
- ☐ IMMUNIZATIONS SUCH AS FLU SHOT
- ☐ QUIT SMOKING.

DIABETES CARE IS WHOLE-BODY CARE,  
DON'T SKIP YOUR CHECK-UPS.

---

