



Diabetes Disease Management Program Recommended Treatment Plan

Your doctor will give you a very specific treatment plan to help keep your diabetes under control. Please follow your doctor's orders. In addition, we recommend that you:

1. Take your medicine as your doctor ordered.
2. Follow the diet your doctor ordered.
3. Monitor your blood sugar as often as your doctor told you to.
4. Have an eye examination every year. This is sometimes called a "dilated eye examination".
5. Make appointments with your doctor whenever you need to.
6. Keep all scheduled appointments with your doctor.
7. See your doctor at least two times a year for an evaluation.
8. Get the flu shot every year.
9. Try to learn about the diabetes resources in your community.