

# Screening and Vaccination Schedule

People with diabetes (both type 1 and type 2) are at higher risk for serious problems from certain vaccine-preventable diseases. Talk with your provider about keeping up-to-date with vaccinations and any other necessary screenings as recommended.

TEST OR TREATMENT	FREQUENCY	TARGET
<b>Blood pressure</b>	Every three months	Less than 140/90
<b>Comprehensive foot exam with microfilament</b>	Every year	Normal or no loss of sensation
<b>Dental exam</b>	Every six months	Normal
<b>Diabetes education</b>	At diagnosis, yearly, when experiencing changes in overall health, for transitions in life or in care	
<b>Flu vaccine</b>	Every fall	
<b>Foot self-exam</b>	Daily	No changes
<b>Self-glucose testing</b>	Varies depending on diabetes regimen you are on – three times per day; fasting before main meal and two hours after start of main meal if on oral medications or non-insulin injectables; If on insulin, before meals and bedtime.	Fasting and before main meal, 80-130mg/dL Two hours after the start of main meal, less than 180mg/dL
<b>Hemoglobin A1C</b>	Every three to six months, depending on doctor's recommendations	Less than seven percent
<b>Hepatitis B</b>	Once	People younger than 60
<b>HDL Cholesterol</b>	Every year	Women age 50 and older, Men age 40 and older
<b>LDL Cholesterol</b>	Every year	Less than 100 (with heart disease, less than 70)
<b>Tdap vaccine</b>	Every 10 years	
<b>Triglycerides</b>	Every year	Less than 150
<b>Urine albumin/creatinine ratio</b>	Every year	Less than 30 mg/g Cr
<b>Retinal eye exam</b>	Every year	Normal
<b>Pneumonia vaccine</b>	Once before the age of 65 and twice more after	Seniors age 65 and older
<b>Shingles (herpes zoster) vaccine</b>	Once	Men and women age 50 and older
<b>Treatment plan review</b>	Every three months	