



# It's time to get back on track.

Don't let diabetes manage you.

When's the last time you had a diabetes test, such as an A1c check with your primary care provider or a retinal eye exam with an eye doctor?

You eat right, exercise and check your blood sugar. But you also need to see your doctors regularly to stay on track with your diabetes management plan.

## Why?

- Your diabetes isn't in charge, **you are**.
- You can significantly reduce your chances of blindness, kidney disease, high blood pressure, stroke and other problems.
- You and your doctor can make immediate adjustments to your care plan to keep diabetes under control.

**Diabetes is the leading cause of new vision loss and kidney disease in adults.<sup>1,2</sup>**

**Reduce your chances.** Call your primary care provider to discuss which diabetes tests are right for you and then schedule your appointments. If you need to find a doctor, log in to your member account on the **Blue Cross mobile app** or at **bcbsm.com**.



<sup>1</sup>[www.diabetesresearch.org/file/national-diabetes-statistics-report-2020.pdf](http://www.diabetesresearch.org/file/national-diabetes-statistics-report-2020.pdf)

<sup>2</sup>[www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/diabetic-kidney-disease](http://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/diabetic-kidney-disease)

Nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association