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[www.careoregon.org](http://www.careoregon.org)

<Member Name>  
<Street Address>  
<City, State, Zip>

<Date>

Dear CareOregon Member:

CareOregon is committed to helping our members with diabetes stay well and live a healthy life. If you have diabetes, it is important to see your doctor regularly even when you are feeling well.

Staying healthy when you have diabetes depends on you and your doctor working together. You can keep regular doctor visits, do regular home blood sugar testing, eat a healthy diet and get regular exercise. These all greatly improve the health and well being of people with diabetes. In addition, your doctor is the best judge of what medications and tests you need and will likely recommend the following:

- Hemoglobin A1c (HgbA1c) - Blood test for blood sugar control at least every six months. This test helps your doctor decide if your diet and medications are keeping your blood sugars at the best level. Controlling your blood sugar is a key part of preventing complications.
- Cholesterol - Blood tests for cholesterol every year. This test helps your doctor decide if your diet and medications need to be changed to lower your cholesterol level to prevent damage to your blood vessels and heart.
- Urine and blood test every year to check for kidney function. Diabetes can cause kidney damage and failure, especially if untreated or poorly controlled.
- Yearly eye exams to detect changes and prevent loss of sight. Diabetes can cause vision problems and blindness.

Our records show that you may be due for the following:

- <Hemoglobin A1c blood test>
- <Cholesterol blood test>
- <Urine and blood tests for kidney function>
- <Diabetes eye exam>

We realize that if you have recently seen your doctor, our records may not yet show the visit. Please check with your doctor to see what tests or screenings you need to keep you healthy and schedule any needed appointments today. Remember to get your annual flu shot and ask your doctor if you also need a pneumonia shot.

Margaret S. Rowland, MD  
Chief Medical Officer, CareOregon

