

Do you **TAKE CHARGE?** of your diabetes.

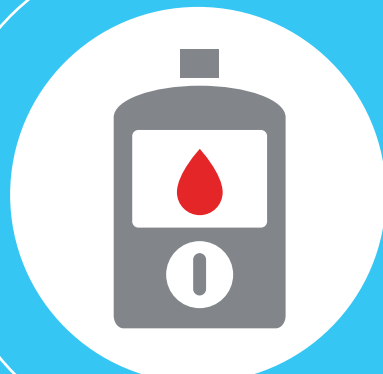


10% of upstate New York adults have diabetes



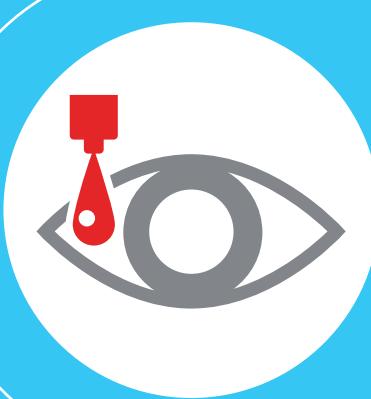
Health experts recommend routine actions that people living with diabetes should take to protect their health. Here they are, along with self-reported compliance rates among upstate New York adults. How do you compare? If you have diabetes, ask yourself:

Am I **TAKING CHARGE** of my health?



64% Measured their blood sugar at least 1x a day
RECOMMENDATION:
Check blood sugar as directed by a doctor

67% Had their A1C* measured at least 2x within the year
RECOMMENDATION:
Have an A1C blood test at least 2x per year



73% Had a dilated eye exam within the last year
RECOMMENDATION:
Have a dilated eye exam 1x a year

73% Had a professional foot exam within the last year
RECOMMENDATION:
Have a foot exam for sores at least 1x year



45% Took a class in managing diabetes
RECOMMENDATION:
Get diabetes self-management education

55% Visited a dentist within the last year
RECOMMENDATION:
Visit a dentist at least 1x a year



53% Engaged in physical activity within the last 30 days
RECOMMENDATION:
Stay physically active as your doctor allows

83% Saw a health professional for diabetes in the last year
RECOMMENDATION:
Visit a health professional at least 1x a year



57% Received a flu vaccine in the last year
RECOMMENDATION:
Get a flu vaccine every year

To learn more about **TAKING CHARGE** of your diabetes, talk to your doctor or visit www.cdc.gov/diabetes/managing

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LIVE FEARLESS



*A blood test that shows average blood sugar level over the previous two to three months