

ANNUAL CHECKUP PLAN FOR DIABETICS

A Guide by SuperSehat- Diabetes App

ONCE A MONTH

- Blood sugar fasting
- Blood sugar post prandial
- Blood Pressure
- Foot exam

ONCE IN 3-6 MONTHS

- HbA1C

ONCE IN 6 MONTHS

Kidney

- BUN
- Creatinine
- Uric Acid
- Calcium
- BUN/Creatinine ratio
- Urine microalbumin
- Electrolytes

Heart

- Total Cholesterol
- Triglyceride
- HDL,LDL,VLDL
- HDL/LDL ratio
- TC/HDL ratio
- ECG

Liver

- GGTP
- Alkaline Phosphate
- Bilirubin (direct, indirect, total)
- SGOT
- SGPT
- Total Proteins
- Serum Albumin
- Serum Globulin
- Albumin/Globulin ratio

Wellness Check

- Haemogram
- Complete blood count
- ESR
- Urine routine

ONCE A YEAR

Diabetic

- C- peptide
- Insulin fasting
- Insulin PP
- GAD antibodies

Thyroid

- TSH
- T3
- T4

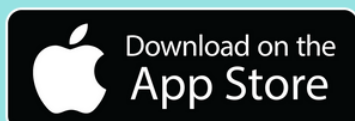
Vitamin Check

- Vitamin D
- Vitamin B 12

Eye Examination

- Signs of glaucoma
- Cataracts
- Diabetic retinopathy

Download SuperSehat to manage your diabetes today!



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