



100 American Road  
Cleveland, OH 44144-2322

MedMutual.com

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Preventive Care  
**Starts with You**

Take good care of yourself by scheduling  
the routine screenings you need.



# Keep Your Diabetes in Check

with Regular Screenings

**Make a plan to complete the recommended screenings to help detect early symptoms of:**



Eye Damage



Heart Disease



Nerve Damage



Kidney Disease



Liver Disease



Bone Disease

**Inside, you'll find a list of the health screenings you should get on a regular basis. Discuss your results with your diabetes care team to make sure you're on track.**

**Don't delay diabetes screenings — your health won't wait. Reach out to your providers and make a plan today. If you have any questions about the screenings covered by your Medical Mutual health plan, call the number on your member ID card.**

# Are You on Track?

Talk to your provider about how your results measure up with the goals listed. Your diabetes care team may set different goals for you.

Screening	How Often	Goal
<b>A1C blood test</b> Monitor blood glucose levels.  The lower your A1C level, the lower your risk of complications. A1C tests offer early detection or prevention of eye damage, heart attack, stroke, nerve damage, foot amputation and kidney disease.	Twice a year or as directed by your provider	Less than 7%
<b>Blood pressure check</b> Early detection of heart disease.	Every office visit; discuss at every telehealth visit	Less than 130/80 mmHg
<b>Cholesterol test</b> Early detection and prevention of heart disease and diseases of the blood vessels.	Once a year	Work with your provider to determine the right target and if you should be taking a statin medication
<b>Kidney health evaluation (urine and blood tests)</b> Early detection of kidney disease.  <b>Urine test</b> <i>Measures the amount of protein (albumin-to-creatinine) in urine.</i>  <b>Blood test</b> <i>Measures how well your kidneys are filtering (also known as the glomerular filtration rate).</i>	Once a year or as directed by your provider; tests should be completed on same day if possible	Work with your provider to evaluate your results
<b>Fracture Risk</b> <b>Bone Mineral Density Test</b> A test to measure if your bones are weak and would easily break.	<b>Adults greater than 65 years old:</b> every 2 years <b>Younger individuals:</b> as directed by your provider	Work with your provider to evaluate your results
<b>Liver Function Tests</b> A blood test that checks how well the liver is working.	Once a year	Work with your provider to evaluate your results
<b>Foot exam</b> Prevention of non-healing wounds, pain and impaired mobility.	Daily self foot checks; once a year exam or at every office visit if you have reduced feeling, ulcers or deformities	No injuries or wounds; no numbness or tingling in feet
<b>Weight management</b> Lowers risk for heart disease, stroke, kidney damage and impaired blood glucose control.	Once a year or at every office visit	Manage a healthy body mass index (BMI) with your provider; they may decide weight loss is needed
<b>Diabetic retinal eye exam</b> Early detection of eye damage or vision changes.	Every one to two years, depending on results	No signs of retinopathy (damage to blood vessels in the back of the eye)
<b>Regular physical activity</b> Talk to your provider before starting an exercise regimen.	150 minutes of physical activity a week	Follow a regular fitness routine that works for you
<b>Diabetes and mental health screenings</b> Addresses potential feelings of diabetes distress, depression, anxiety, fear of hypoglycemia, eating disorders and stress.	Once a year	Receive the tools and support you need for your mental health

# Your Diabetes Resources

**As a Medical Mutual member, you have access to a variety of tools and resources that can help you manage your diabetes. Call Customer Care at the number on your member ID card for more information about the specific diabetes resources covered by your plan.**

## My Health Plan

For resources that can help you manage your diabetes, such as Weight Watchers® and our Wellness Portal, log in to our secure member website, My Health Plan, at **MedMutual.com/Member** and click the Healthy Living tab. You can also find in-network providers by selecting Find a Provider under the Resources & Tools tab.

## Programs to Help Manage Chronic Conditions

Your benefit plan may include programs to help support the care you receive from your providers at no additional cost. If you are eligible and choose to participate, you can take advantage of digital and telephonic health coaching, a diabetes educator and diabetes testing supplies with no cost sharing. To see if your plan includes this program, call **1-800-590-2583** Monday through Friday from 8 a.m. to 4 p.m.

## Pivot (Tobacco Cessation)

Want to kick the tobacco habit for good? We've partnered with Pivot, a personalized app that offers content tailored to your goals, a health coach and nicotine replacement therapy. Get started at **Pivot.co/MedMutual**.

## American Diabetes Association®

Visit the American Diabetes Association at **Diabetes.org** for more information about living with diabetes, including healthy recipes, fitness tips and diabetes management education.

For questions about your Medical Mutual health plan, call Medical Mutual Customer Care at the number on your member ID card

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These recommendations are informational only and do not take the place of professional medical advice, diagnosis or treatment. You should make decisions about your care with your healthcare providers—your providers may set different goals for you. What is covered by your plan will be based on your specific benefit plan.

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