

Questions to ask my doctor

about my ABC levels

Please print this page and discuss the following with your doctor at your next appointment.

Questions	Doctor response
<p>What are my personal ABC goals?</p>	<p>A1C: _____</p> <p>Blood pressure: _____</p> <p>Cholesterol: _____</p>
<p>How often should I have each test?</p>	
<p>Should another monitoring test for goals be kidney screening?</p>	
<p>If the results aren't at my goal, what will be the next step?</p>	

Optum provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional.