

Checkup Chart

Use these guidelines to help you know when to ask your doctor about screenings to prevent diabetes and heart disease.

Test	Age			
	20	30	40	50+
Waist Circumference	Each regular health care visit			
Blood Pressure	Each regular health care visit (or at least once every 2 years if BP <120/80 mm HG)			
Cholesterol	Every 5 years			
Blood Glucose Test				Every 3 years

For more information about Check Up America, call 1-800-DIABETES (342-2383) or visit CheckUpAmerica.org