

Get Your Lab Tests Done!

Lab tests help doctors check your health status and treat diseases. Your lab tests will show if certain levels are high, low or within the normal range. They also show if your medicines are working well. Routine tests are needed if you are taking medicines for diabetes, blood pressure or your heart.



Key lab tests if you have diabetes:

- **Hemoglobin A1c:** This blood test measures how well your diabetes is controlled. It may be checked every 3 to 6 months.
- **Cholesterol:** Diabetes can put you at risk of serious heart disease. Having a cholesterol test each year will help you know your risk for heart disease.
- **Kidney function:** Uncontrolled diabetes can put you at risk for kidney disease. Yearly blood and urine tests will show how well your kidneys are working.

Key lab tests for your blood pressure and heart medicines:

For the medicines below, yearly potassium and creatinine blood tests are needed to check your kidney health.

- **Angiotensin-converting enzyme (ACE) inhibitors** such as lisinopril (Zestril), enalapril (Vasotec) and benazepril (Lotensin).
- **Angiotensin II receptor blockers (ARBs)** such as losartan (Cozaar), valsartan (Diovan), telmisartan (Micardis) and irbesartan (Avapro).
- **Diuretics** such as furosemide (Lasix), hydrochlorothiazide (Microzide) and spironolactone (Aldactone).
- **Digoxin:** For this medicine, you will also need a digoxin level test.

Talk to your doctor to make sure your lab tests are up to date and within your goal. Contact OneCare Customer Service toll-free at 1-877-412-2734 (TTY 711), 24 hours a day, 7 days a week. We have staff who speak your language. Visit us at www.caloptima.org.