

ANNUAL DIABETES

MANAGEMENT CALENDAR



MEDICAL AID SCHEME

This is a calendar for you to add important consultations with your care team throughout the year. It is recommended to see your doctor at least twice a year and to have annual visits with the rest of your care team, such as your dietitian, biokineticist, podiatrist and optometrist or ophthalmologist. Print this calendar out and stick it somewhere you will be able to see the reminders to make appointments with your team to help you manage your diabetes.

Your primary care doctor's name: _____

Your primary care doctor's contact number: _____

MY DIABETES MANAGEMENT CALENDAR			
JANUARY	FEBRUARY	MARCH	APRIL
<i>e.g. dietitian appointment</i>			
MAY	JUNE	JULY	AUGUST
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

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