

## ABCs of Diabetes Checklist

### Annual ABCs Comprehensive Exam

- The comprehensive annual exam must be completed at one of the PCPS Employee Health Clinics (Lakeland or Haines City). Appointments fill up fast, so schedule your visit in a timely manner by calling the Employee Health Clinic at **(863) 419-3322**.
- This exam must be completed within one (1) year of enrollment date.

### Labs and Vitals

- Labs and vitals must be completed every six (6) months.
  - Fasting Blood Glucose
  - Hemoglobin A1c (HbA1c)
  - Height
  - Weight
  - Blood Pressure
  - Waist Circumference
- Labs may be completed in the PCPS Employee Health Clinic at no cost! Appointments fill up fast, so schedule your visit in a timely manner by calling the Employee Health Clinic at **(863) 419-3322**.
- If you have labs and/or vitals completed at a healthcare provider/physician outside of the PCPS Employee Health Clinics, please have their office fax the results to **(855) 777-2344** or bring a copy of your lab work to the Employee Health Clinic.
- The first set of labs and vitals must be completed within six (6) months of enrollment date.

### Education and Coaching with the Healthstat team

- To schedule an appointment with Ashley Cicchirillo, RDN, CDE, please call the clinic at **(863) 419-3322**. To schedule an appointment with Jordan Schultz, CHES or Jazmine DiCristo, CHES, please call their office at **(863) 648-3057**.
- To maintain your wellness incentive in 2020 and beyond, you must complete your Education and Coaching with the Healthstat team once per calendar quarter.