

Do you have diabetes? You need a foot exam!

Please:

- Take off your shoes and socks
- Tell your doctor about any problems with your feet
- Ask your doctor about daily foot care and proper shoes

Your doctor will:

- Check for swelling, redness, breaks in the skin, and infections
- Check the pulses in your feet to test your circulation
- Check for loss of feeling in your feet
- Talk with you about pain in your feet or legs when you walk

UTAH DIABETES PARTNERSHIP
A Managed Care Cooperative for Improvement of Diabetes Care



IHC HEALTH PLANS
A Venue of Interwest's Health Care



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