

MY FOOTCARE TO DO LIST

Make plans now to take care of your feet for a lifetime.

Check Each Item When Completed.

Target Date:

- Print out and read the Insight Focus on Your feet guide. _____
- Get a new pair of nail clippers if my doctor recommends it. _____
- Get an emery board and a pumice stone if my doctor recommends them. _____
- Apply moisturizing lotion or cream for people with diabetes every day, but not between my toes. _____
- Buy seamless socks designed for people with diabetes. _____
- Buy a pair of shoes that fit well and cover my feet. _____
- Give away shoes that don't fit or cause any irritation. _____
- Place slippers beside my bed to wear when I get out of bed. _____
- Buy the Insight Foot Care Scale to help me check the bottoms of my feet every day. _____
- Keep my next doctor's visit. _____
- Ask my doctor if I qualify for special shoes covered by Medicare or other insurance plans. _____
- Ask my health care team about diabetes services and supplies that are covered by Medicare or other insurance plans. _____
- Ask my doctor or nurse to inspect my feet at every visit. _____
- Plan my daily physical activity program with my health care team. _____