

Care guide to avoid complications in your health



People who have a chronic (long-term) illness should complete the tests ordered by their doctor. These tests help determine how your health is doing and whether the treatment is working. Talk with your doctor about your test results and ask what you can do to improve and stay healthy.

Conditions	Description	Recommendations
	Diabetes Chronic condition where the body cannot regulate glucose properly.	Get the A1c (Glycemic Control Index) test every 3 months or as your doctor indicates.
	Blood pressure High blood pressure affects heart and blood vessel health.	Check your blood pressure regularly and follow your treatment plan.
	Heart failure The heart cannot pump blood effectively, causing shortness of breath and fluid buildup.	Work with your doctor to control blood pressure, glucose, weight, and avoid smoking.
	Chronic Obstructive Pulmonary Disease (COPD) Chronic lung disease that makes breathing difficult.	Use prescribed inhalers, avoid smoke exposure, and monitor symptoms. Avoid cigarette smoke.
	Diabetic eye exam Diabetes can damage the eyes, leading to cataracts, retinopathy, or glaucoma.	Get a yearly eye exam and see an ophthalmologist for detailed evaluation.
	Chronic kidney disease (CKD) Gradual loss of kidney function over time.	Follow your treatment plan and complete recommended lab tests to slow disease progression.
	Asthma Causes coughing, wheezing, and shortness of breath.	Use prescribed medications, follow an action plan, and avoid triggers.

Follow these recommendations to avoid going to the emergency room:

- Attend your medical appointments regularly.
- Follow the treatment your doctor gives you.
- Learn to recognize the early signs of your condition.
- Call or visit your doctor before your symptoms get worse.

Importance of follow-up with your doctor

- Helps detect and stop complications early.
- Reduces the chance of hospitalizations.
- Improves control of your condition.
- Helps you have a better quality of life.

Additional recommendations

- Attend your medical appointments regularly and tell your doctor if you notice any change.
- Get the tests your doctor tells you to get.
- Follow your treatment even if you feel well.

Health situations that require going to the emergency room:

- Trouble breathing
- Chest pain
- Strong dizziness or loss of consciousness
- Symptoms getting worse

Social and Emotional

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical challenges that arise during and after your treatment, please visit your primary care physician or call the following hotlines:

Medical Advice Line

1-844-347-7801

TTY/TTD 1-844-347-7804

APS Health

787-641-9133

References:

<https://diabetes.org/es/sobre-la-diabetes/diagn%C3%B3stico>

<https://www.mayoclinic.org/es/diseases-conditions/heart-failure/symptoms-causes/syc-20373142>

<https://medlineplus.gov/spanish/ency/article/000091.htm>

<https://medlineplus.gov/spanish/ency/patientinstructions/000323.htm>

<https://medlineplus.gov/spanish/asthma.html>

<https://medlineplus.gov/spanish/ency/patientinstructions/000593.htm>

Prepared by licensed health educators.

Created in May 2026.

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