

We are your partners
in health and wellness

Diabetes

Glucose vs. A1C Testing What's the Difference?



Fasting Glucose Test

- Measures blood sugar at a single point in time
- Used for immediate screening for high or low blood sugar
- May require fasting for accurate results
- Routine screenings during wellness visits
- If experiencing symptoms of high/low blood sugar
- As part of a Comprehensive Metabolic Panel (CMP)

A1c Test (Hemoglobin A1c)

- Measures average blood sugar over 2-3 months
- Used for long-term monitoring of diabetes and efficacy of treatment
- Fasting is required
- If there's a history of high glucose levels
- Ordered based on medical necessity

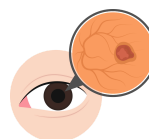
Diabetic Eye Exam vs. Regular Eye Exam What's the Difference?

Diabetic Eye Exam (Dilated or Retinal)

- Designed to detect and manage diabetic retinopathy, along with other diabetes-related eye conditions
- Can be completed through pupil dilation for a better view of the retina

Regular Eye Exam

- Assesses overall vision and eye health
- To update prescriptions for glasses or contacts
- To screen for common eye diseases



Diabetic Retinopathy

- Diabetic retinopathy is a complication of diabetes that damages blood vessels in the retina, the light-sensitive tissue at the back of the eye

How can a Diabetic Eye Exam be Completed?

Here at Mountain View Hospital's Population Health Department, our **RetinaVUE 700 Imager** is fast, portable, & reliable. This device can detect signs that indicate retinopathy.



This service is available through:

- Our Mobile Clinic
- Your Family Practice Clinic
- Other Community Events

For more information and to schedule an appointment call us at:

- Clinic Coordinator: (208)-607-4518
- Clinical Supervisor: (208)-542-4235

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DID YOU KNOW?

13 Low-Carb Snacks

- ½ turkey sandwich
 - Make with 1 slice whole wheat bread + 2 slices turkey + mustard
- ½ peanut butter sandwich
 - Make with 1 slice whole wheat bread + 1 Tablespoon peanut butter
- ¼ cup dried fruit and nut mix
- 1 cup tomato soup or veggie soup (not creamy)
- ½ toasted English muffin + 2 Tablespoons mashed avocado
- ¼ cup cottage cheese + ½ cup canned or fresh fruit
- 2 rice cakes + 1 Tablespoon peanut butter



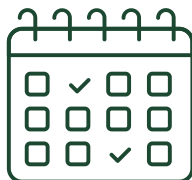
- 1 small apple + 1 slice reduced-fat cheese
- ½ cup plain yogurt + ½ cup canned fruit or fruit cocktail (drained and rinsed)
- 3 cups light popcorn
- 1/3 cup hummus + 1 cup raw fresh cut veggies
- 1 cheese quesadilla + ¼ cup salsa
 - Make with one 6-inch corn tortilla + ¼ cup shredded cheese
- 5 whole wheat crackers + 1 piece of light string cheese

***Each of these snacks have 15-20 carbs**



June Jaunt

Date: June 14, 2025
Time: 7:30am-12:00pm
Location: Highland High School
1800 Bench Rd, Pocatello, ID



Community Events



Ronald McDonald House Charities – Family Fun Run & Carnival

Date: Saturday, June 21, 2025
Time: 11:00am-3:00pm
Location: The Waterfront of Snake River Landing
1220 Even Ctr Dr, Idaho Falls, ID



Summer Food Program

M-Th throughout June at
11:30am – 12:30pm
Sunrise Elementary
200 E Fir, Shelley, ID
Price: 1-18 years old eat free

Over 18 years old – \$5.00

Event Contact

Charlotte Haderlie
chaderlie@shelleyschools.org
(208)-357-7435



Poky Paddle

Date: June 13, 2025
Time: 5:00pm-9:00pm
Location: S Grant Ave, Pocatello, ID

Event Contact:

(208)-233-1525

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A FREE month to Bodify could be yours! Get your preventative exam and email us at mvnforhealth@mvhospital.net for a chance to win!

*For assistance finding a Primary Care Provider, call the Referral Coordinator number below or email us at mvnforhealth@mvhospital.net



Contact Us

Referral Coordinators
(208) 542-7032

Practice Transformation
(208) 542-7307