

Getting the Most Out of Health Care Visits

Working with your diabetes care team. You are the most important member of your diabetes care team. You do the day-to-day things to manage diabetes, like choosing healthy foods, being physically active, taking your medication, and checking your glucose to see if you're reaching your glucose targets.

The other members of your diabetes care team are your advisors and coaches. They can tell you about your treatment options and keep track of your physical exams and lab tests. Together, you and your team can make sure you're getting the very best care for your diabetes.

What to do before my visit

- Keep a list of your questions.
- Make a list of the medications, vitamins, and supplements you take for all medical conditions.
- Include over-the-counter medications.
- List when, why, and how much you take of each medication and if you need any refills.
- Check your glucose as discussed with your provider and record the results either by downloading your meter or sensor and taking the download to your provider. If you are unable to download your meter, write down your glucose results in an organized way to review with your provider.

What to bring with me

- Your printed glucose download or log book. If you are unable to download, take your actual meter or CGM receiver to be reviewed or downloaded at the office.
- Your lists of medications, vitamins, and anything else you are taking, including any over-the-counter medications or supplements.
- If you keep a food or exercise log, bring it to your visit too.

At every office visit:

- Talk about your glucose values. It is the only way you can find out if you need to make a change in your treatment plan.
- Discuss any unusually high or low blood glucose levels and how they happened, if you can remember.
- Check your blood pressure.
- Check your weight and talk about ways to reach a new target weight, if needed.
- Talk about what you eat.
- Discuss any lifestyle, work, or emotional changes.
- Discuss your physical activity.
- If you use nicotine, talk about ways to quit.
- Talk about all of your medications including over the counter pills, herbs, vitamins, or supplements.
- Bring up any physical or emotional issues you are having such as trouble sleeping or feeling stress.
- Ask any questions you have.