



# Let's make the most of your doctor's visits

## Your healthcare team

Your primary care or family physician (who may be a general practitioner or internist) will likely be at the center of your diabetes healthcare team. Depending on your needs, your physician may refer you to other healthcare professionals who specialize in managing particular aspects of diabetes. To help your team better understand your individual needs, it's best to plan ahead for every office visit.



## What to take to every appointment

- Your meter
- Paper logbook or mobile app report
- List of all medications and dosages  
Are you checking at the times recommended by healthcare professional(s)?
- List of questions



**TIP!** Highlight your fasting, before-meal, and after-meal results.

## What to ask at your doctor's visit

Select the questions you'd like to ask at your next healthcare professional visit.

### TESTING YOUR BLOOD SUGAR

- Am I testing at the right times of day?
- Should I test at any other times?  
(When I wake up? Before meals?  
1-2 hours after the start of a meal?)
- How is my fasting control?
- How can I make better food choices based on my blood sugar results?
- Do you see any patterns in my results?
- Should I send a summary report from my mobile app in between visits?
- Can we review my blood sugar goals to see if they should change?
- Is it time for a new test strip prescription?  
Please give me a 90-day supply.

### GENERAL QUESTIONS

- How do you think my diabetes is doing?
- Is there anything else I could do for better control?

### ORAL MEDICATIONS

- Am I taking the best dosage of oral medication?
- Do you think I'll ever need to take insulin?

### INSULIN

- Can we review the times of day I should be injecting my insulin?
- After looking at my logbook and HbA1C, do you believe my insulin dosage and injection schedule are working to control my blood sugar?
- Should I be on a different type of insulin?

### OTHER DIABETES TESTS

- Am I scheduled to take any diabetes tests (such as HbA1C, microalbumin, or eye exam)?
- Should we review any results from recent tests?

### REFERRALS TO OTHER HEALTHCARE PROFESSIONALS

- Should I see a diabetes educator?
- Should I see a dietician?
- Should I see an endocrinologist?
- Is it time for my annual eye exam?
- Should I have a foot exam with a podiatrist?
- Should I see a counselor or mental health professional?