

Get support

Partner with your care team

You don't have to manage your diabetes alone. Talking with your care team, scheduling important screenings and taking advantage of resources can help you stay informed and supported.

Your next visit

Your provider can help answer questions and guide your care. Whether it's your first visit or a routine follow-up appointment, consider asking these questions.

- ✓ Which type of diabetes do I have?
- ✓ What are my blood sugar goals?
- ✓ How often should I have blood sugar tests, such as an A1C test?
- ✓ What are the signs of low and high blood sugar – and what should I do if that happens?
- ✓ What are my treatment options, such as taking insulin or using a continuous glucose monitor?
- ✓ What lifestyle changes can help manage my diabetes, such as nutrition or fitness plans?
- ✓ Are there other tests I should complete for my kidneys, eyes and feet?
- ✓ How can diabetes affect things like my blood pressure, cholesterol or the medications I take?
- ✓ What should I do if I miss a dose of diabetes medication or have side effects?
- ✓ What resources, programs and technologies are available to help me?