

Questions to ask your care team

Going to an appointment with questions helps you leave with more answers. You don't need to ask them all. Pick the ones that matter most to you, check them, and write down what you hear.

Bring with you

- ☐ A list of your medications, vitamins, and supplements
- ☐ Your latest A1C and lab results, if you have them
- ☐ Blood sugar or CGM readings, if you check them
- ☐ Your insurance card and photo ID
- ☐ Notes on how you have been feeling
- ☐ A pen and paper, or your phone, for notes
- ☐ A family member or friend, if you want one

My top 3 questions

- 1 _____
- 2 _____
- 3 _____

What I most want from this visit:

Pick the questions that fit you

YOUR DIAGNOSIS

- ☐ What does my A1C number mean?
- ☐ What should my blood sugar goals be?
- ☐ How serious is my diabetes right now?
- ☐ What signs would mean I need medical help right away?
- ☐ Which health problems should I be checked for now?

FOOD

- ☐ What food changes should I make first?
- ☐ How many carbs should I aim for at meals and snacks?
- ☐ What are some foods that can help me?
- ☐ Which foods might not be best for me, or raise my blood sugar more than others?

MOVEMENT

- ☐ What kinds of exercise are safe for me to start with?
- ☐ How much should I try to do each week?
- ☐ Would walking after meals help me?
- ☐ Can you give me a sample exercise routine?

TESTING

- ☐ Should I check my blood sugar at home? When?
- ☐ What numbers are too high? Too low?
- ☐ Would a CGM make sense for me? Might my insurance cover it?
- ☐ How often should I get my A1C tested?

MEDICATION

- ☐ Should I be on medication? What's it supposed to do?
- ☐ When and how should I take it? What if I miss a dose?
- ☐ What side effects should I watch for?
- ☐ How will we know it's working?
- ☐ Could my medication be lowered if my numbers improve?
- ☐ Are there other medication options I should know about?
- ☐ Would a GLP-1 medication be right for me?

LONG-TERM HEALTH

- ☐ What can I do now to lower my risk of problems later?
- ☐ How often should I get my eyes and feet checked?
- ☐ Do I need kidney tests?
- ☐ How are my blood pressure and cholesterol?

MY PLAN

- ☐ What should I focus on over the next 30 days?
- ☐ When should I come back? Who do I contact between visits?
- ☐ Should I see an educator, dietitian, eye doctor, or foot doctor?
- ☐ Are there classes or programs you recommend?

My visit notes

Write things down as you go. It's hard to remember everything, and it's fine to ask someone to slow down or say it again.

Date _____ Who I saw _____

My numbers today

A1C

BLOOD PRESSURE

WEIGHT

MY BLOOD SUGAR GOAL

What I learned

Changes to my medication

My next steps

Questions I still have

Bring these to my next visit, or call the office.

Next visit _____ Who to call with questions _____

Every question is worth asking, even the scary ones. Asking can take away some of the fear and replace it with clearer information.