



A knowledge & support program for managing type 2 diabetes



## Talking to Your Health Care Provider: A Discussion Guide

To help make the most of your health care provider visits, go prepared. Try to take these things with you:

1. A record of your daily sugar tests or your glucose meter with the stored information
2. A list of medicines you're taking, including over-the-counter medicines, vitamins, and herbal supplements (You can also put all your medications into a plastic bag and take them with you.)
3. Notes about any health problems you've had
4. A list of questions you'd like to ask your health care provider

If you're not sure what to ask your health care provider, you can use these questions to help get the conversation started:

1. What are my ABC goal numbers?  
• A for A1C \_\_\_\_ • B for blood pressure \_\_\_\_ • C for cholesterol \_\_\_\_
2. What are my current ABC numbers?  
• A for A1C \_\_\_\_ • B for blood pressure \_\_\_\_ • C for cholesterol \_\_\_\_
3. If my blood sugar (A1C) is still not under control, what else can I do?  
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4. What symptoms help me know if my blood sugar is too high or too low? What should I do in either case?  
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5. Do I need to lose weight? How much?  
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6. How often should I test my blood sugar?  
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7. What tests do I need to have done to check my eyes, feet, kidneys, nerves, and heart?  
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8. Does type 2 diabetes put me at a greater risk of any other disease or illness?  
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9. Should I attend a class taught by a diabetes educator? If so, where can I find such a class in my area?  
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10. Are there any programs for patients with type 2 diabetes that offer ongoing advice and tips to help me manage my condition?  
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11. Could my current type 2 diabetes medication cause weight gain or low blood sugar (hypoglycemia)?  
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12. What are the possible side effects of my current medications?  
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13. As a caregiver to someone with type 2 diabetes, what should I know about diabetes to provide support for this person?  
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