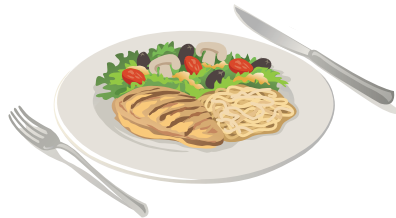


Doctor discussion guide

Your doctor's time is valuable. And so is yours! A great way to make the most of your time together is to think about your questions ahead of time and write them down. This guide can help. You'll find questions that are designed to help with each part of your diabetes care plan. Be sure to check off the ones you want to ask at your next visit. You can write your doctor's answers in the spaces below the questions.

My meal plan



- What should I include in my meal plan?

- Is there anything I should avoid? If so, what might be some healthy substitutes?

- Should I be counting carbohydrates (carbs)? If so, how many grams of carbs should I have each day?

My physical activity plan



- What kinds of physical activity are best for me?

- What should my activity goals be (that is, how many minutes a day and how many days a week should I be active)?

- Are there things that I can do to stay safe while being active?

My plan for checkups



- What health checks do I need and when do I need them?

Doctor discussion guide

My diabetes medicine plan

- What are all the diabetes medicines I am taking, and when should I take them?



- Are there any things I need to know about my medicines to make sure I'm taking them the right way?

- How long does it take for my medicine to work?

- How should I store my medicines?



My plan for checking my blood sugar



- When should I be checking my blood sugar?

- What should my target blood sugar levels be to be considered in control, including A1C, before a meal, 2 hours after a meal, and at bedtime?

- Is there a blood sugar level that should alert me to call you?

My other questions

Use these spaces to write down any other questions you have for your diabetes care team.



For more information, visit Cornerstones4Care.com

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