

Questions to Ask Your Provider About Diabetes

Visiting the doctor can be stressful. The following questions can help guide conversations with your provider during different stages of your diabetes journey, ensuring you address your concerns and make the most of your time. Ask your primary care provider's office if they have a special diabetes educator who can answer your questions.

Routine Diabetes Preventive Care



- What are my risk factors for diabetes?
- Are there any symptoms I should look out for?
- What should my fasting blood glucose and/or A1C levels be?
- What should I change or improve to try to prevent or delay diabetes?
- Can you give me information about preventing diabetes to take home?

Receiving a New Diagnosis



- Do I need to take any medication?
- What regular tests should I have?
- Do I need to keep track of my blood glucose?
- What are the potential complications, how should I look out for them and how can I prevent them?

Tracking Your Blood Glucose



- How often and what time of day should I check my blood glucose?
- What are signs of high (hyperglycemia) or low (hypoglycemia) blood glucose?
- What do I do if my blood glucose is too high or low?
- When should I seek urgent medical attention instead of calling my provider?

New or Changing Medication



- What are the side effects of this medication? Is there a risk of hypoglycemia?
- What should I do if I experience side effects? Will they go away with time?
- When and how will I know if a treatment is working?
- What happens if I miss a dose or accidentally take an extra dose?
- Do I need to take this medication before food or with a meal?
- Could this new medicine affect other medicines I am taking?

Making Healthy Lifestyle Choices



- Should I see a specialist to help with my diet? (endocrinologist, nutritionist, dietician and/or diabetic educator)
- How much physical activity should I get?
- What are healthy ways to lose weight and keep it off?

Need answers about diabetes management?

Visit compassrosebenefits.com/diabetes or scan the QR code to find helpful information, tools and resources.

