

Questions to Ask Your Healthcare Provider



It is important to visit your healthcare provider regularly to talk about your diabetes care and your health.

Place a check mark ☒ next to the questions or topics below that you want to talk about at your next visit.

Write down the answers to those questions and others you may have at that time. This list can help you make the most of the time with your provider.

Your healthcare provider's name: * _____

Date of office visit: _____

What I want to talk about:	My questions:
Managing my diabetes	
☐ A1C - This test measures my average blood sugar over the past 2 to 3 months - Ask your healthcare provider for a copy of your most recent test results	What is my current A1C? _____ _____ What is my A1C goal? _____ _____ What can I do to lower my A1C? _____ _____
☐ Blood sugar checks	When and how often should I check my blood sugar? _____ _____ What should I do with the results? _____ _____ What should be my blood sugar target range before I eat? _____ _____ 1-2 hours after I eat? _____ _____
☐ Low blood sugar (hypoglycemia)	What are the signs and symptoms of low blood sugar? _____ _____ What should I do if I have low blood sugar? _____ _____
☐ Medications	How does the medicine I am taking manage my blood sugar and weight? _____ _____ Is the medicine I'm currently taking keeping me on track with my blood sugar/weight goals? _____ _____

*Write the name and type of doctor you are visiting today, such as primary care, heart, eye, etc.
This will help keep you better organized if you have multiple doctors.

What I want to talk about:	My questions:
Managing my diabetes	
☐ Medications	If changes are needed, how complicated is it taking this new medicine? _____ When should I check back to see if the new medicine is working? _____
☐ Medication side effects	What side effects can I expect from my medicines? _____ What can I do if I have these side effects? _____ Do I need to be aware of any risks for low blood sugar with my medicines? _____
Lowering my risk for diabetes-related health problems	
☐ Blood pressure	If my blood pressure is too high, what can I do to lower it? _____
☐ Feet	How often should I check my feet at home, and what should I look for? _____ When will you check my feet? _____
☐ Kidneys	What can I do to prevent kidney problems? _____
☐ Eyes	How often should I get my eyes checked? _____ How would I know that my eyes get worse? _____
☐ Cholesterol (coal-EST-ter-ol) The amount of fat-like substance in my blood	What is my current total cholesterol level? _____ What is my current total cholesterol goal? _____ What can I do to lower my total cholesterol? _____
Living a healthy lifestyle	
☐ Eating habits	Should I follow a special eating plan? _____ Where can I get information about making a healthy eating plan? _____

What I want to talk about:	My questions:
Living a healthy lifestyle	
☐ Weight and physical activity	What is a healthy weight for me? _____
	What activities might be right for me? _____
	Where can I go to get help to lose weight? _____
☐ Managing stress	What can I do to help manage daily stress? _____
☐ Drinking alcohol	Can I still drink alcohol if I have diabetes? _____
	What can I do to prevent low blood sugar if I have an alcohol containing drink? _____
	Where can I go to get help to stop smoking or using tobacco products? _____
☐ Smoking or using tobacco products	I am so exhausted lately, what can I do to feel better? _____
	I am feeling sad lately, where can I get help? _____
	Are there any vaccines I need to get? _____
☐ Feelings or mood	If so, when do I need to get them? _____
☐ Vaccinations	
My other questions	
☐ _____	_____
☐ _____	_____