

# 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:
<b>Managing my diabetes</b>	
<input type="checkbox"/> <b>A1C</b> <ul style="list-style-type: none"> <li>• This test measures my average blood sugar over the past 2 to 3 months</li> <li>• Ask your healthcare provider for a copy of your most recent test results</li> </ul>	What is my current A1C? _____ _____ What is my A1C goal? _____ _____ What can I do to lower my A1C? _____ _____
<input type="checkbox"/> <b>Blood sugar checks</b>	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? _____ _____
<input type="checkbox"/> <b>Low blood sugar (hypoglycemia)</b>	What are the signs and symptoms of low blood sugar? _____ _____ What should I do if I have low blood sugar? _____ _____
<input type="checkbox"/> <b>Medications</b>	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:
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<b>Managing my diabetes</b>	
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<input type="checkbox"/> 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? _____ _____
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<input type="checkbox"/> 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? _____ _____
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<b>Lowering my risk for diabetes-related health problems</b>	
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<input type="checkbox"/> Blood pressure	If my blood pressure is too high, what can I do to lower it? _____ _____
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<input type="checkbox"/> Feet	How often should I check my feet at home, and what should I look for? _____ _____ When will you check my feet? _____ _____
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<input type="checkbox"/> Kidneys	What can I do to prevent kidney problems? _____ _____
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<input type="checkbox"/> Eyes	How often should I get my eyes checked? _____ _____ How would I know that my eyes get worse? _____ _____
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<input type="checkbox"/> 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? _____ _____
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<b>Living a healthy lifestyle</b>	
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<input type="checkbox"/> Eating habits	Should I follow a special eating plan? _____ _____ Where can I get information about making a healthy eating plan? _____ _____
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**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 a alcohol containing drink? \_\_\_\_\_  
\_\_\_\_\_

**Smoking or using tobacco products**

Where can I go to get help to stop smoking or using tobacco products? \_\_\_\_\_  
\_\_\_\_\_

**Feelings or mood**

I am so exhausted lately, what can I do to feel better? \_\_\_\_\_  
\_\_\_\_\_  
I am feeling sad lately, where can I get help? \_\_\_\_\_  
\_\_\_\_\_

**Vaccinations**

Are there any vaccines I need to get? \_\_\_\_\_  
\_\_\_\_\_  
If so, when do I need to get them? \_\_\_\_\_  
\_\_\_\_\_

**My other questions**

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

