



Me, My Health and My Diabetes Team

Know your team. Stay Connected. **Prepare for your Diabetes Care.** Live Well.

How to get ready for your diabetes appointment:

- Have lab tests done prior to your visit.

- Bring a list of all the medications, including non-prescription drugs and supplements. Let your team know which medications need to be refilled.

- Bring blood glucose records with you. These can be written down or printed from your blood glucose meter.

- Share notes or information that you learned at visits with all of your healthcare providers. For example, if when you refilled your prescription your pharmacist suggested you need to go to a diabetes educator more regularly, tell your doctor about this information at your next visit and ask for him/her to refer you to a centre or program that is right for you. Use "My Team Notes" to make sure that you and your diabetes team members are on the same page.

What to expect when you go see a member of your healthcare team for your diabetes:

- To be seen four times a year for diabetes care.

- Conversation about physical activity and exercise, nutrition, food choices, smoking, mood, stress and sexual function.

- A conversation about your glucose control plus extra items such as checking your blood glucose (self-monitoring of blood glucose), driving, low blood glucose and comparing your blood glucose meter to your blood glucose lab results.

- A review of all the medications and supplements you take.

- Measurement of your blood pressure and assessment of your risk for heart attack and stroke.

- Pre-conception planning for women.

- Assessment of your feet (a foot exam).

- Review of recent lab tests, for example A1C, cholesterol, kidney function.

- Referral to an eye care professional (usually once a year).