

Diabetes questions to ask your healthcare provider



Always ask your PCP or specialist questions about your diabetes. Sometimes it is hard to know what to ask. Below are some key questions to ask your PCP or specialist and tips on how to be prepared for your next visit.

Before Your Visit:

1. Decide which of the questions below that you would like to discuss with your provider. You can also write down a list of your own questions to bring with you
2. Pack your medication bottles to bring to your appointment
3. Bring your Diabetes Care Plan to go over with your provider
4. Be ready to take off your shoes and socks at each visit so your provider can make sure your feet are healthy

Questions to Ask Your Provider:

- When do I need to take my diabetes medicines?
- What if I miss a dose?
- What side effects could I get from the medicine?
- What should I do if I feel those side effects?
- What is an A1c?
- What tests or treatments should I have?
- Should I get the flu shot or pneumonia shot?
- How can I be physically active?
- How do my eating habits affect my diabetes?
- Do you have any information about diabetes for me to take home and read?
- Should I take a diabetes education class? Do you have a list of some classes I can sign up for?

If you would like help finding a provider or scheduling an appointment or transportation, please call MeridianComplete at 1-855-323-4578.

TIP: Ask your provider to explain the answer in a different way if you don't understand. Your provider is there to help you take good care of yourself!

It's good to be ready when you see your provider. Being prepared before your visit and having specific questions will help you better understand and manage your condition.