

Arrive prepared to make every minute count.

Of all the appointments on your calendar, a date to visit your diabetes care team can help keep you your healthiest. By meeting face to face with your doctors, nurses and health educators on a regular schedule, you'll be able to review your progress, ask questions, and discuss ways to improve your care program.

It's important to come prepared. The more you can tell your diabetes care team about your health, the better they can respond with guidance to help you take charge of your condition. That means keeping good records about your blood sugar levels, nutrition, physical activity and more. You will also want to note any changes in your lifestyle or how your body feels.

You can feel confident that your diabetes care team will have the quality information they need to do their job if you use these suggestions.

Your diabetes care visit: Eight plan-ahead steps to put the focus on you.

Your healthcare team depends on you to talk to them honestly and tell them how you feel. It is important that you arrive well prepared.

1. Make a list of your questions and concerns.

Keep a list of topics to discuss with your healthcare provider. Write each one down as they come to mind so you won't forget to ask. Be sure to leave enough room for answers.

2. Track your testing.

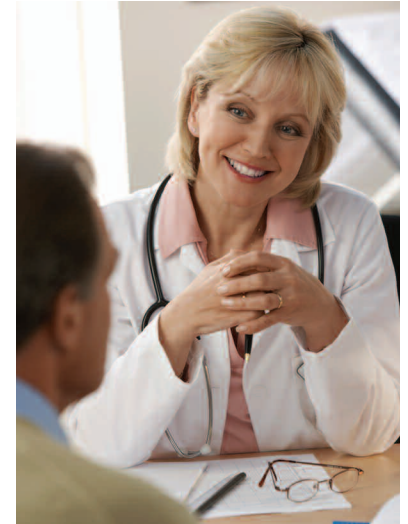
Checking your blood sugar levels as directed by your doctor is critical to your care program. Enter your results after each test in a log book. Bring the log book and your blood sugar meter to every diabetes care visit.

3. Track your lifestyle.

Your diabetes care team may ask you to keep a food diary of everything you eat and drink for a short time. They may also ask you to keep a record of your daily physical activity. If so, write down all that you eat and drink and also record your daily activity and bring these records to your visit.

4. Keep a medication record.

Your diabetes care team needs to know the medications you take — names, dosages and how often you take each one. It's especially important if you have prescriptions from more than one doctor. Include over-the-counter drugs such as aspirin, and any herbal or vitamin supplements. This way, your doctor



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4. Keep a medication record.
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can review all the medications you take together. Your doctor can be sure you are not on prescriptions and other products that may interact with each other and interfere with their effectiveness.

5. Keep a record of your exams.

Record your exams or procedures by specialists other than your diabetes care team. Review these records during your visit.

6. Schedule tests in advance of your visit.

Ask your diabetes care team if you should have any lab tests done before your visit. This not only saves time, but will allow you and your doctor to discuss the results in person when you meet.

7. Ask a family member or close friend to join you.

As you know, important health information will be discussed at your visit. You may want to bring along a trusted relative or friend to help you remember and record what your doctor said.

8. Keep plenty of diabetes supplies on hand.

Testing your blood sugar level is a key part of managing diabetes. By ordering your test strips and lancets on a regular schedule, you'll be sure not to run out. This way, you can keep testing as prescribed and you will have consistent information to share with your diabetes care team.



Medicare Part B patients: Call **1-877-231-5199** and mention reference code **ED06500** to order your diabetes testing supplies.
Web site: www.RxSolutions.com/diabetes

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