

# Medical Visit Checklist

**Become an active partner in your own healthcare.**

There is no cure for diabetes, but you can work to control it. With the help and advice of your healthcare team, you can learn to manage your diet, exercise, and blood sugar.

## WHAT TO BRING:

- Insurance card
- Primary care physician referral, if needed
- Past medical history
- Names and amounts of medications (including supplements)
- Blood sugar diary and meter
- Food record
- Exercise log
- Questions about diabetes and medications

## WHAT YOU MIGHT EXPECT:

- Weigh-in
- Urine test
- Blood pressure test
- A1C test\*
- Feet check
- Date of next A1C test
- Date of next medical appointment

**To help you get the most from your visits, here are some questions to ask and things to talk about:**

- What are my blood sugar goals?
- How often should I check my blood sugar?
- What should I do if my blood sugar is high or low?
- What is my A1C?
- Is my current medication sufficient to help me reach my A1C goals?
- What are some diabetes complications I should look out for?
- Are there any changes to my diet that can help me reach my blood sugar goals?
- What are some exercises or activities I can do?
- Can you help me make a sick-day plan?

**Write down any other questions you want to ask at your next checkup:**

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\* An A1C test is a measure of your average blood glucose control for the previous 2 or 3 months. It does not replace regular blood glucose testing.