

L.A. Care
HEALTH PLAN®

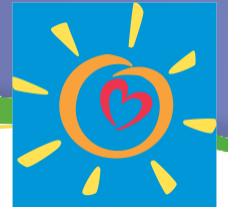
Talk With Your Doctor About Diabetes!

Use these tips to get ready for your next doctor visit.

- ✓ **Write down your questions.** Your doctor is there to help you. Don't be afraid to ask questions.
- ✓ **Ask your doctor for your blood sugar goals.** Check your blood sugar at home as often as your doctor tells you. Know your symptoms for low and high blood sugar and have a plan for what to do if your blood sugar gets too high or too low.
- ✓ **Bring all your medicines and a list of your medicines to each visit.** Make sure you write down how much of each medicine you take and how often you take it. Keep your list in your purse or wallet at all times.
- ✓ **Call your doctor if you have questions.** If you get home and have more questions, call your doctor's office and ask to speak to someone who can help.
- ✓ **Ask your doctor what tests you need.** Know your results and what they mean.

Tests/Exams	Each Visit	3-6 months	1x per year	Completed?
Blood Pressure	✓			
A1C		✓		
Cholesterol			✓	
Foot Exam	✓			
Kidney Exam			✓	
Eye Exam			✓	

See the back for sample questions to ask your doctor



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Sample Questions to ask your Doctor

- What is diabetes?
- What caused it? Is there a cure?
- When do I take my blood sugar? What is the goal for my blood sugar?
- When do I take my medicines?
- Do the medicines have side effects?
- What type of exercise can I do?
- Do you have health education materials about diabetes?
- Do I need to have the flu shot?
- Do I need to have the pneumonia shot?
- Do I need a referral to a specialist?
- When is my next visit?

What do I want to ask my doctor?

Write your questions below and take this with you to the doctor.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Call L.A. Care if you have questions about diabetes.
Diabetes Resource Line **1-877-796-5878** | 8am - 4pm Monday - Friday (TTY 711)
L.A. Care's 24/7 Nurse Advice Line **1-800-249-3619**
diabetesdm@lacare.org