

# Who's who on your healthcare team.

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Your primary care or family physician (who may be a general practitioner or internist) will likely be at the center of your diabetes healthcare team. Depending on your needs, your physician may refer you to other healthcare professionals who specialize in managing particular aspects of diabetes. Your team may also include a pharmacist and trained staff in your physician's office. Take a look at how these healthcare professionals can help you manage your diabetes.



**A physician's office nurse** collects valuable information for the physician to review and may provide you with education and support.

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**A physician assistant** has special training to work closely with a physician.

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**A nurse practitioner** is a nurse with advanced training who is certified by the American Nurses Association.

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**A pharmacist** can answer questions about your medications and about your blood glucose meter.

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**A diabetes educator** may be a registered nurse, a registered dietitian, or a registered pharmacist who will teach you about diabetes and how to manage your diabetes.

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**An endocrinologist** is a physician who has special training in diabetes.

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**An ophthalmologist** is an eye specialist who looks after your eye health. This healthcare professional has different training than an **optometrist**, who prescribes and fits eyeglasses.

**A podiatrist** is a foot care specialist who will examine your feet and teach you how to examine your own feet.

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**A registered dietitian** will develop a food plan just for you by asking about your eating habits—for example, foods you like and don't like, and how much and how often you eat. Be sure your dietitian specializes in or is certified in diabetes education.

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**An exercise specialist** can help design an exercise program that's right for you.

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**A behavioral health professional** can help you and your family work through any emotional stress you may feel as you adapt to living with diabetes.

[▶ Learn more at OneTouchDiabetes.com](https://www.onetouchdiabetes.com)

# Top 5 questions to ask a healthcare professional.

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It's important to feel comfortable with everyone on your diabetes healthcare team, starting with your primary care physician. This may be a good time to ask questions about your physician's background with diabetes. Your goal is to make sure you feel well supported now and in the future with all the members of your team. It should be easy to ask about any aspect of diabetes, your treatment, and anything else that concerns you.

- 1 What is your training?**  
*Should be board certified.*

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- 2 What experience do you have in treating diabetes?**  
*Should have many patients of all ages who have diabetes.*

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- 3 Do you work with other healthcare team members, such as diabetes educators, dietitians, pharmacists, or mental health professionals?**  
*Yes.*

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- 4 Are you willing to work with me as a partner?**  
*Yes.*

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- 5 How easy is it to get an appointment?**  
*Within 2 weeks or less.*

# Questions guide.

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Select the questions you'd like to ask at your next healthcare professional visit.

Remember, this is *your* time to get the information you need to manage your diabetes. Review the following questions and check off the ones you want to ask.

## ONETOUCH® | MY QUESTIONS GUIDE

### TESTING YOUR BLOOD SUGAR

- Am I testing at the right times of day?
- Should I test at any other times?  
(When I wake up? Before meals?  
1-2 hours after the start of a meal?)
- How is my fasting control?
- How can I make better food choices based on my blood sugar results?
- Do you see any patterns in my results?
- Can we review my blood sugar goals to see if they should change?
- Is it time for a new OneTouch® Ultra® Blue Test Strip prescription? Please give me a 90-day supply.



*Put stars by the questions you most want answered in case time runs short.*

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A yellow pencil is positioned vertically on the right side of the page, pointing downwards. The pencil is sharpened and has a black eraser at the top.

TIP

*Be sure to tell your healthcare professional at the beginning of the appointment that you have questions to ask.*

### GENERAL QUESTIONS

- How do you think my diabetes is doing?
- Is there anything else I could do for better control?

### ORAL MEDICATIONS

- Am I taking the best dosage(s) of oral medication(s)?
- Do you think I'll ever need to take insulin?

### INSULIN

- Can we review the times of day I should be injecting my insulin?
- After looking at my logbook and A1C, do you believe my insulin dosage and injection schedule are working to control my blood sugar?
- Should I be on a different type of insulin?

### OTHER DIABETES TESTS

- Am I scheduled to take any diabetes tests (such as A1C, microalbumin, or eye exam)?
- Should we review any results from recent tests?

### REFERRALS TO OTHER DIABETES HEALTHCARE PROFESSIONALS

- Should I see a diabetes educator?
- Should I see a dietitian?
- Should I see an endocrinologist?
- Is it time for my annual eye exam?
- Should I have a foot exam with a podiatrist?
- Should I see a counselor or mental health professional?

▶ **Get more diabetes information, tools, and updates, plus OneTouch® Product Information and Offers, at [OneTouchDiabetes.com](https://www.onetouchdiabetes.com).**