

Questions to ask your care provider

Asking appropriate questions of your primary care doctor and other healthcare team members about how to manage your diabetes can help you better manage your blood sugars and reduce the risk of long-term related health complications.

Below is a list of appropriate questions to ask of healthcare providers. Feel free to print the list of questions and take them with to your next office visit.

What type of diabetes do I have?

How did you diagnose my diabetes?

What is my A1c level? What does the A1c result mean? How often should my A1c be checked?

What should I weigh? Can weight loss help me better control my diabetes?

What medication am I taking for diabetes? How often and at what times of day should I take my diabetes medications?

Can I manage my diabetes without medication?

If I miss a dose of diabetes medication, what should I do?

Should I be checking my blood sugars at home? Where do I get a blood glucose meter?

How often and at what time(s) of day should I check my blood sugar?

What range am I trying to stay within for my blood sugars? Is the range different for testing at various times of day?

At what blood sugar level should I call my doctor?

May I exercise and at what intensity of exercise is best for me?

Can you check my feet to be sure there are no issues? If I have foot problems, can I see a Podiatrist (foot doctor) for help?

I am having a difficult time at home and not managing my diabetes well, can you help me, or where can I go to get assistance?

What do I eat? How do I find dietitian to get a meal plan tailored to my lifestyle and needs?

Where can I go to learn more about my diabetes and help manage my diet?