

Feeling overwhelmed? You're not alone. This checklist is designed to help you walk into your appointment with confidence, knowing exactly what to ask and what to focus on. **Print it. Bring it. Highlight what matters most to you.** Taking charge of your health starts with one informed conversation.

1. Understanding Your Diagnosis

- What type of diabetes do I have, and what does that mean for me?
- What is an A1C, what's my A1C, and what should my target range be?
- How often should I check my blood sugar at home?
- What is considered a high or low blood sugar? What are the warning signs and what should I do in those situations?

2. Lifestyle & Nutrition Support

- Do I need to make changes to my eating habits? If so, what kind?
- Are there specific foods you would suggest I avoid or include more of?
- How much exercise should I be getting to have an impact to my sugar levels?
- What kind of exercises should I be doing?

3. Medications & Monitoring

- Will I need medication? What are the side effects?
- How and when do I take my medication?
- Will I also need to monitor my blood pressure or cholesterol?
- How will we know if my treatment plan is working?

4. Mental & Emotional Wellness

- What kind of community support is available, if I'm feeling overwhelmed?
- Are there mental health or stress management resources you recommend?
- Can you refer me to a diabetes educator, coach, or support group?

5. Next Steps & Follow-Up

- When should I come back for follow-up labs or check-ins?
- What other screenings or tests do I need?
- Who else should be part of my care team (endocrinologist, dietitian, pharmacist, etc.)?

Remember: You don't have to do it all at once. You're allowed to ask questions, take your time, and choose the next step that feels doable.

One healthy step at a time. ✨