



## PATIENT JOURNEY OF DIABETES TECHNOLOGY

# Questions to Ask Your Health Care Professional



When you visit your health care professional for a consultation about your diabetes technology, be sure to bring along a list of questions you want to ask. Here are some ideas.

### Measuring and Tracking My Blood Sugar

- What is my target blood sugar (glucose) range before meals?
- What is my target blood sugar range after meals and how long after should I check it?
- What is my hemoglobin A1C?
- What is my target hemoglobin A1C?
- How often should I have my hemoglobin A1C tested?
- What steps can I take to lower my hemoglobin A1C?
- What type of glucose monitor would help me meet my blood sugar goals and best fit my lifestyle?
- If I do finger-prick testing, when and how often should I test my blood?
- What steps can I take to prevent infection in the fingers where I do blood testing?
- Should I consider using a continuous glucose monitor (CGM) to test and track my blood sugar?
- How do I interpret information from a CGM?
- What is my target time-in-range when using a CGM?

### Taking Diabetes Medication

- What diabetes medication, if any, should I be taking?
- What do I need to know about taking the medication you're prescribing?
- What are the pros and cons of this medication?
- How often should I take it? What time of day should I take it?
- Should I take it with food or on an empty stomach?
- Should I still take this medication if I don't plan to eat?
- What should I do if I forget to take a dose?
- Does this medication have any common side effects? What are they?
- Will this medication make my blood sugar drop too low? What should I do if I have low blood sugar?
- Will this medication interact with any other medications I take?
- How likely am I to experience side effects? What should I do if I experience side effects?
- How effective is this medication?

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- Will I have to have any lab work or testing after I start to take this medication? When will that testing take place? How can I schedule it?
- What impact will this medication have on my blood sugar?
- How long will I have to take this medication?
- What will happen if I stop taking it?
- Is this an oral medication or an injection?
- If it's injectable, how do I do an injection?
- Do I have to refrigerate this medication?
- Do I need to take special precautions with this medication when I travel?
- Do I need to stop this medication when I have surgery?
- Does my health insurance cover this medication? What would my copay be?
- What are my alternatives to medication?
- How should I change my insulin injection if I don't plan to eat?
- What steps can I take to prevent infection in my insulin injection sites?
- What type of insulin delivery device(s) do you recommend for me?
- How can I learn more about insulin delivery devices?

## Diabetes Technology Devices Glucose Monitors

- What type of glucose monitor do you recommend for me?
- What are the pros and cons of using this type of glucose monitor? What do other patients like and dislike about it?
- If you recommend a CGM for me, what type do you recommend? Will my health insurance pay for it? What would my co-pay be for the CGM you recommend?
- What additional devices or apps will I need to use the CGM you recommend?
- How will a CGM help me with my blood sugar control?
- How easy is it to use this type of CGM?
- What training will I need to learn how to use this CGM correctly? Who will train me?
- What kind of maintenance is required for the CGM I'm considering?

## Taking Insulin

- How often should I take insulin?
- What types of insulin are available and what are their differences?
- How often should I take insulin?
- How much insulin should I take?
- When is the best time to take my insulin?
- How do I know if I'm taking enough/too much insulin?
- What should I do if my blood sugar drops too low?





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- What should I do if the CGM device stops working? Whom should I contact?
- Can my CGM go through an airport scanner?

### Insulin Pens/Smart (Connected) Pen Caps

- If I need to take insulin, what type of insulin delivery device do you recommend?
- If you recommend an insulin pen, which type(s) do you recommend?
- Is this type of insulin pen disposable and preloaded with insulin, or is it a reusable pen that uses disposable insulin cartridges?
- Can I use my type of insulin with the insulin pen you recommend?
- How will an insulin pen help me with my blood sugar control?
- How will I know when to use an insulin pen and how much insulin to use?
- Will my insurance pay for an insulin pen?
- What would my co-pay be for the insulin pen you recommend?
- How easy is it to use this type of insulin pen?
- What are the pros and cons of this type of insulin pen?
- What type of needles does this type of insulin pen use?
- Are the needles used with this insulin pen covered by my health insurance?
- What would the co-pay be for needles for this insulin pen?

- What are the storage requirements for this type of insulin pen and/or insulin cartridges?
- What do other patients like and dislike about this type of insulin pen?
- What training will I need to learn how to use this insulin pen correctly? Who will train me?
- What additional devices or apps will I need to use the smart insulin pen you recommend?
- Would it be helpful for me to use a smart (connected) pen cap that attaches to an insulin pen and connects wirelessly to a CGM and a smartphone app?
- What are the pros and cons of using a smart pen cap?
- What type of smart pen cap do you recommend?
- Will my health insurance pay for a smart pen cap? What will my co-pay be for a smart pen cap?
- How can I learn more about using a smart pen cap?

### Insulin Pumps/Patch Pumps/Hybrid Closed-Loop (Artificial Pancreas) Systems

- If you recommend an insulin pump for me, what type do you recommend?
- Should I consider a patch pump? If so, what type do you recommend?
- Am I a good candidate for a hybrid closed-loop (artificial pancreas) system?
- What are the pros and cons of using an insulin pump, patch pump, or hybrid closed-loop system? What do other patients like and dislike about these devices?





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- Will my health insurance pay for these devices? What would my co-pay be for the device you recommend?
- How will the device you recommend help me with my blood sugar control?
- How easy is it to use this type of device?
- Where on my body can I wear the pump you recommend?
- What training will I need to learn how to use this device correctly? Who will train me?
- What kind of maintenance is required for the device I'm considering?
- What additional devices or apps might I need to get the most from this device?
- What are the pros and cons of cell replacement therapy?
- If I had cell replacement therapy, would I still need to take insulin?
- How can I learn more about cell replacement therapies?

### Meal Planning and Physical Activity

- What changes should I make to my diet and eating habits?
- What is carbohydrate counting, and should I learn to do it?
- Are there alternatives to carb counting?
- Am I eligible for medical nutrition therapy?
- Am I eligible for sessions with a registered dietitian or other health care professional who can help me with meal planning?
- How can I find a registered dietitian or other health care professional who can help me with meal planning?
- What kind of physical activity should I do?
- How much exercise should I do?
- Are there any types of physical activities I should avoid because of my diabetes or other medical conditions?
- What types of exercise lower my blood sugar?
- What types of exercise might make my blood sugar go up?

### Inhaled Insulin

- Am I a good candidate for inhaled insulin?
- What are the pros and cons of inhaled insulin? What do other patients like and dislike about inhaled insulin?
- When would I use inhaled insulin?
- Will my health insurance pay for inhaled insulin? What would my co-pay be?

### Cell Replacement Therapies

- Am I a good candidate for cell replacement therapy, which transplants insulin-producing pancreatic islet cells from a donor into my pancreas?





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### Diabetes and Weight Management

*(Learn more about weight management and weight-management treatment in the AAACE Journey for Patients With Obesity.)*

- What impact, if any, is my weight having on my diabetes? On my overall health?
- If I'm overweight or obese, what's a healthy goal weight for me?
- What's a realistic goal weight for me in three months? Six months? One year?
- What lifestyle changes, medications, or surgical treatment do you recommend to help me meet my weight-management goals?
- Is weight-management medication an option for me and how long will I have to stay on it? How about bariatric (weight-loss) surgery?

### Diabetes Lifestyle Support

- What changes should I make in my everyday life to lower my blood sugar and support my diabetes health?
- Can you provide me with any resources or referrals to help me quit smoking, manage stress, or improve my sleep?
- I'm having trouble sleeping. What do you recommend for improving my sleep? Should I have my sleep issues evaluated?
- Is it possible I have obstructive sleep apnea? How should this be evaluated and treated? Does uncontrolled or controlled obstructive sleep apnea affect my diabetes?

- What resources are available for addressing mental health issues related to diabetes and how can I find a provider who understands diabetes?
- What resources does your practice, my local hospital, or our community offer to support people who are making diabetes-related lifestyle changes?
- Do you have any advice for motivating myself to make lifestyle changes that will help with my blood sugar?
- How can you support me as I make lifestyle changes?

### Follow-Up Medical Care

- How often should I see you and the other members of my diabetes care team for follow-up care?
- Should I see any specialists to help me delay or treat diabetes-related complications?
- As someone living with diabetes, how often should I see a dentist? Eye care professional? Cardiologist (heart specialist)? Nephrologist (kidney specialist)? Neurologist (nerve specialist)? Podiatrist (foot specialist), and what symptoms would be cause for concern?
- What steps can I take to protect myself from developing infections?
- If I think I may have an infection, which health care professional should I contact? How soon should I be in touch? Under what circumstances should I seek immediate care?

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