



**Your Care Team**

Use this booklet to keep track of your doctors, notes from appointments and questions for your next visit.

**My primary care physician:**

\_\_\_\_\_ *My physician helps with my basic type 2 needs and referrals to specialists and diabetes educators.*  
 Phone: \_\_\_\_\_

**My diabetes educator:**

\_\_\_\_\_ *My diabetes educator helps me develop a plan to stay healthy, keep active and provides tools and ongoing support to help me succeed.*  
 Phone: \_\_\_\_\_

**Four questions to ask your doctor**



- 1** What changes can I make to take care of my heart? \_\_\_\_\_
  - 2** What can I do before my next appointment? \_\_\_\_\_
  - 3** How will I know if the changes I've made are making a difference? \_\_\_\_\_
  - 4** What resources can help me learn more? \_\_\_\_\_
- Notes:** \_\_\_\_\_

Fold Here (2)

**You're not in this alone.**

Find answers to more of your questions and join the initiative at:  
<https://KnowDiabetesbyHeart.org/join>



Fold Here (1)

**My pharmacist:**

\_\_\_\_\_ *My pharmacist helps with my medications.*  
 Phone: \_\_\_\_\_

**My cardiologist:**

\_\_\_\_\_ *My cardiologist makes sure that my diabetes isn't hurting my heart.*  
 Phone: \_\_\_\_\_

**My nephrologist:**

\_\_\_\_\_ *My nephrologist checks my kidney filtration rate and makes certain my kidneys continue to work properly.*  
 Phone: \_\_\_\_\_

**My eye doctor (optometrist):**

\_\_\_\_\_ *My eye doctor notes changes in my eyes that could point to high blood pressure, stroke or other conditions.*  
 Phone: \_\_\_\_\_

**My foot doctor (podiatrist):**

\_\_\_\_\_ *My foot doctor notes changes in my feet such as nerve damage and changes in the skin.*  
 Phone: \_\_\_\_\_

**My registered dietitian:**

\_\_\_\_\_ *My dietitian evaluates the effects of my meal plans and changes the plans as needed.*  
 Phone: \_\_\_\_\_