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:

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:

Four questions to ask your doctor

1. What changes can I make to take care of my heart?

   Notes:

   __________________________

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?

   __________________________