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## Top 5 Questions to Ask Your **Diabetes Care Team**

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Here are five questions to help start a discussion with your doctor, pharmacist, educator, or other members of your diabetes care team.

1. Are my treatment targets still right for me?
2. How do I know my treatment plan is working?
3. Should I be more active or change my eating plan?
4. Do I need to go to diabetes self-management education and support (DSMES) services?



Go to [diabetes.org/FindAProgram](https://diabetes.org/FindAProgram) to find an ADA recognized program near you.

5. Are there any changes to my medications that would help manage my diabetes or prevent complications?