Top 5 Questions to Ask Your Diabetes Care Team

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 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?