

Questions for Every Stage of Your Diabetes Journey

Ever found yourself driving home from a doctor's appointment, remembering all the questions you meant to ask...but forgot? It's a common experience. **This checklist can help you get organized ahead of time**, so you feel prepared for your appointment.



Before your visit, ask yourself...

- ☐ How have I been feeling lately?
- ☐ Have I experienced any new side effects?
- ☐ Has my blood glucose been mostly in range?
- ☐ Have I been taking my medicine(s) consistently, at the right time of day?



Receiving a new diagnosis

- ☐ Don't hesitate to ask about terms you don't know. For instance: *What is A1C?*
- ☐ What are the potential complications of diabetes, and how should I look out for them?
- ☐ What regular tests should I have?
- ☐ Do I need to keep track of my blood glucose? If so, what time of day should I check it?



Starting, switching, or adding a medication

- ☐ What are the potential risks and benefits of this medication?
- ☐ How will I know if a treatment is working?
- ☐ What happens if I miss a dose?
- ☐ What should I do if I experience side effects?
- ☐ Could this new medicine affect other medicines I am taking?



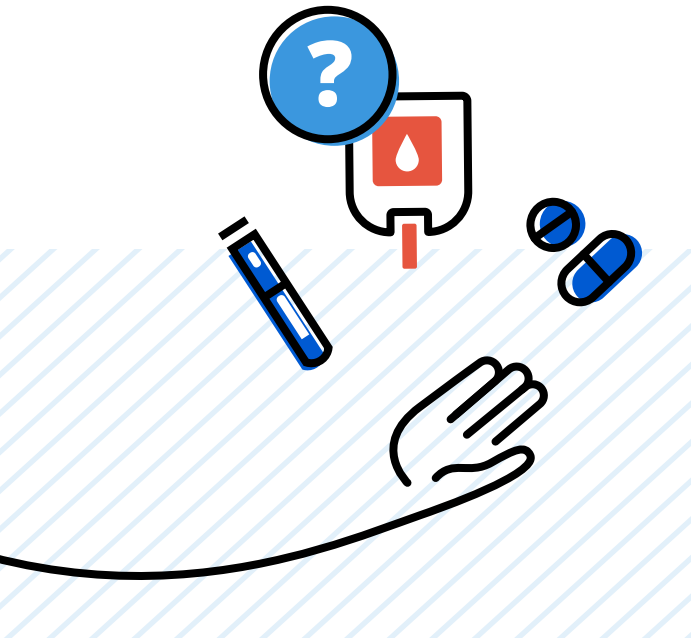
Experiencing new symptoms

- ☐ What might be causing these symptoms?
- ☐ Could we change my treatment plan to address the cause?
- ☐ Could these symptoms be a sign of complications?
- ☐ Are there lifestyle changes I could make to help manage my symptoms?



Making healthy lifestyle choices

- ☐ Are there any programs that can help build healthy habits?
- ☐ Should I see a nutritionist? Is that covered by insurance?
- ☐ What should I be doing to take care of my mental health?



By scanning, we may collect aggregate data for analytics but not any personal information.

Looking for answers about diabetes management?

Find helpful info, tools, and resources on www.novocare.com.

NovoCare® is a registered trademark of Novo Nordisk A/S.
© 2025 Novo Nordisk All rights reserved. US25PAT00028 July 2025