



Diabetes & Prediabetes Appointment Checklist

Prepare questions and information before your visit

Bring or have access to:

- Your blood sugar log, meter, or CGM reports if you use them.
- A current list of prescription medicines, over-the-counter medicines, vitamins, and supplements.
- Recent laboratory results if your healthcare team does not already have them.
- A list of symptoms, changes, or concerns.
- Your written questions.

Questions you may want to ask

- What do my A1C and blood sugar results mean for me?
- How often should I check my blood sugar, if at all?
- What is my personal target range?
- Are there changes I should make to food, physical activity, or my treatment plan?
- How often should my feet, eyes, kidneys, and other areas affected by diabetes be checked?
- Would diabetes self-management education and support be helpful for me?

My additional questions:

For educational and informational purposes only. This resource is not medical advice and does not provide diagnosis or treatment. Follow the individualized guidance of your physician, pharmacist, or other licensed healthcare professional. MorgenRaynConsulting@gmail.com