

Partnering With Your Healthcare Provider to Manage Your Diabetes

There are many ways to manage diabetes. Diet, exercise, and medicine can all play a part. Your healthcare provider will help you understand your options and their risks and benefits. You play an important role in managing your diabetes, too.

You and your provider can make healthcare decisions together. Tell your provider when you have preferences (for example, types of exercise). Also share what is important to you (for example, being able to enjoy meals with your family). Your provider takes into account what matters to you when making healthcare decisions. This process is called shared decision-making.

Complete this sheet, then show it to your provider. Using your answers, work together to find ways to meet your health goals.

Diet

Eating healthy is an important part of managing diabetes. Use the space below to write down some healthy foods you like...and some you do not like. Then work with your provider to develop a meal plan that is right for you.

| Healthy Foods I Like | Healthy Foods I Do Not Like | Available Options |
|--|--|-------------------|
| <i>Examples: apples, carrots, fish</i> | <i>Examples: broccoli, grapefruit, lentils</i> | |
| | | |

Exercise

Regular exercise can help you manage your diabetes. Use the space below to write down some activities you are willing to do. Also list some activities you are unwilling or unable to do. Talk with your provider about ways to meet your exercise goals doing activities you enjoy.

| Physical Activities I Am Willing to Do | Physical Activities I Am Unwilling or Unable to Do | Available Options |
|--|--|-------------------|
| <i>Examples: walking, swimming</i> | <i>Examples: jogging, gardening</i> | |
| | | |

(Continued)

Partnering With Your Healthcare Provider to Manage Your Diabetes

Medicine

Some people may need medicine to help manage diabetes. If you need medicine, be sure to show your provider your answers to the questions below.

| Question | Answer | Available Options |
|--|---|-------------------|
| How many times a day do you take medicines now (for diabetes or something else)? | <input type="checkbox"/> Once a day <input type="checkbox"/> Twice a day <input type="checkbox"/> Other <input type="checkbox"/> I do not take any medicines | |
| How do you keep track of your medicines? | <input type="checkbox"/> Pill box <input type="checkbox"/> Medicine chart <input type="checkbox"/> Calendar <input type="checkbox"/> Other | |
| Do you have any questions about taking medicine by mouth? | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I am not sure | |
| Do you have any questions about injectable medicines? | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I am not sure | |

Take Action

Ask your provider what tests and exams you need during the year. Write them down here.

What other preferences do you have when it comes to managing your diabetes? Write them down here and share them with your provider.

By working together, you and your healthcare provider are partners in managing your diabetes.

This material was developed by GSK.



©2014 GSK group of companies.
All rights reserved. Printed in USA. 68021R0 July 2014