

Preparing for your diabetes visit

During the COVID-19 pandemic, it is important to continue to meet regularly with your health-care team. Your visit may be in-person or virtual (video, phone or secure messaging).

Preparing for your in-person or virtual visit can help you make the most of the time you have with your health-care provider.

Helpful materials to have with you for your appointment might include:



A list of questions you want to ask, including what tests you are due for (e.g., hemoglobin A1c, cholesterol, kidney check, eye exam, foot exam)



A list of all medications you take



A list of prescriptions that need to be refilled and the name/location of your pharmacy



A record of your blood sugar readings (e.g., from your glucose monitor, logbook or app)



A record of any health measures you have been tracking, such as blood pressure



A record of any other things you have been tracking, such as food intake, physical activity and mood

For in-person visits



When you call to book your appointment, ask about COVID-19 protocols in place at your clinic (regarding screening measures, mask requirements, social distancing, personal protective equipment, whether someone can accompany you to your visit, etc.).

If you are feeling unwell or are experiencing any COVID-19 symptoms the day of your appointment, please contact your clinic.

My health-care team's phone number:



diabetes.ca
1-800-BANTING (226-8464)

**DIABETES
CANADA**