



Visit Checklist: Diabetes



 **PRESBYTERIAN**
Health Plan, Inc.

If you have diabetes, this checklist can get you ready for your next visit with your provider. It will help you remember important diabetes-related topics to talk with your provider about. Your healthcare team can use the checklist to create an overall picture of your health.

Before your visit

- Collect your blood sugar readings
- Check to see if you have enough medication or if you need refills
- Review questions to ask your provider:
 - How often should you check your blood sugar?
 - What is your target blood sugar range?
 - What do these numbers mean?
 - Do any changes need to be made to my care plan?
- Write down a list of topics to talk about:
 - How often your blood sugar is too high or too low?
 - Your blood pressure readings
 - Any changes in your feet (pain, color, tingling, numbness or feeling colder)
 - Other questions or concerns

Topics to discuss:

- _____
- _____
- _____
- _____

During your visit

- Bring medications to the visit
 - Talk about any prescribed or over-the-counter medications
 - Talk about any refills you need
 - Confirm which pharmacy you use
- Write down your blood pressure reading(s)
- Take off your shoes and socks to get your feet checked
- Share your blood sugar readings
- Talk about your list of topics/questions
- Create an action plan for when your blood sugar is too high or too low
- Go over A1c, cholesterol, eye, kidney and any other recommended screenings
- Talk about any immunizations you might need
 - Ask if you should get a pneumonia shot
 - Ask when you should get a flu shot
- Let your provider know if you use tobacco products or smoke

After your visit

- Complete your screenings
 - A1c screening (at least once a year)
 - Kidney screening (at least once a year)
 - Eye screening (at least once a year)
- Get a dental exam (at least twice a year)
- Get any needed immunizations
- Pick up any new medications or refills
- Schedule any referral and follow-up appointments

Follow-up items:

- _____
- _____
- _____
- _____

Taking Care of Your Diabetes

Having diabetes means you have too much sugar (glucose) in your blood. High amounts of sugar in the blood can harm your body. Keeping blood sugar close to healthy levels can prevent serious health issues.

Healthy Blood Sugar Levels	
Before eating a meal	Between 80 - 130
One to two hours after eating a meal	Less than 180

Your range may vary if you have other health conditions or if your blood sugar is often too high or low. Always follow your provider's guidance.

Five Steps to a Healthier Blood Sugar Level	
1 Track your blood sugar	<ul style="list-style-type: none"> • Check your levels two to four times a day • Get an A1c Screening regularly <ul style="list-style-type: none"> – The A1c shows your average blood sugar level over the past three months
2 Healthy eating and drinking	<ul style="list-style-type: none"> • Eat every four to five hours • Drink water <ul style="list-style-type: none"> – Limit drinks with caffeine and sugar
3 Move your body	<ul style="list-style-type: none"> • Daily exercise, at least 10 minutes at a time
4 Take diabetes medicine (if prescribed)	<ul style="list-style-type: none"> • Know when and how to take your medications. • Home delivery of medications will save you a trip to the pharmacy and provide a 90-day supply
5 Visit your provider (at least twice a year)	<ul style="list-style-type: none"> • Go over your diabetes visit checklist • Talk about diabetes screening

Screening for Diabetes

High blood sugar levels can harm your body. Diabetes screenings are vital and can tell a provider if there have been any changes in your health, even if you don't notice.

	Type of Screening	Frequency
A1c	Blood test	At least two times a year
Blood Pressure	Blood pressure check	At least four times a year
Cholesterol	Blood test	Once a year
Eyes	Eye exam	Once a year
Feet	Foot exam	Once a year
Kidney	Urine test or blood test	At least once a year

Your Healthcare Team and Resources

Your healthcare team is responsible for providing all of your healthcare needs. A healthcare team may also include any staff helping manage your care. This may include:

- **Advance Practice Providers** - Nurse practitioners and physician assistants
- **Behavioral Health Providers** - Providers focused on your mental, emotional and behavioral health
- **Care Coordinators** - Staff to assist you with complex health conditions and help you get through the healthcare system
- **Nurse and Medical Assistants** - Provider support staff
- **Pharmacist Clinicians** - Pharmacists who give care for chronic conditions and can help you manage your medications

Presbyterian Health Plan Member Resources

Health Education Tools and Resources at myPRES MEMBERConnect

You can find topics, videos, tools and more on our secure member portal at www.phs.org/myPRES. To create your own account, go to www.phs.org/myPRES, select **Register Account**, and fill out the required details, like your contact information and creating a username and password.

Care Coordination and Coaching

Support from local staff who help arrange your care and help improve health outcomes:
(505) 923-8858 or 1-866-672-1242

Presbyterian Customer Service Center

Our local customer service is here to help you with questions about your plan, help with choosing a provider, to plan a visit, and more. For hours and phone numbers, see the back of your Presbyterian member ID card.

Information adapted from CDC Take Charge of Your Diabetes.

Retrieved from: <https://search.cdc.gov/search/?query=take%20charge%20of%20your%20diabetes&dpag=1>.

Such services are funded in part with the State of New Mexico.

Based on a Model of Care review, Presbyterian Dual Plus (HMO D-SNP) has been approved by the National Committee for Quality Assurance (NCQA) to operate a Special Needs Plan (SNP) through 2025.

Presbyterian exists to ensure all of the patients, members and communities we serve can achieve their best health.

Presbyterian complies with civil rights laws and does not discriminate on the basis of protected status including but not limited to race, color, national origin, age, disability, or sexual orientation or gender expression. If you need language assistance, services are available at no cost. Call (505) 923-5420, 1-855-592-7737 (TTY: 711).

ATENCIÓN: Si usted prefiere hablar en español, están a su disposición servicios gratuitos de ayuda lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711).

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For more information, visit <https://www.phs.org/nondiscrimination>.