



# Welcome to our Diabetes Clinic

We're looking forward to working with you. Here's what you need to know to get started.

## What can I expect from the clinic?

- It's virtual — each visit is a phone or video call that takes about 30 to 60 minutes
- You'll have regular visits with your clinic team every 1 to 2 weeks
- At these visits, you and your team will work together to make a personalized plan for better managing your diabetes — including things like how often to check your blood sugar, how to choose foods that help you manage blood sugar, and what diabetes medications you're taking

## Who will be involved in my care?

Your clinic team includes your:

- **Certified Diabetes Educator** who you'll meet with regularly
- **Nurse practitioner and pharmacist** who will help make sure you're on the right medications for your diabetes

We'll also send regular updates to your doctors so everyone's on the same page.

## How can I get ready for my first visit?

- Gather all your medications, supplements, and diabetes supplies (like the system you use to check your blood sugar)
- Make sure you have the names and phone numbers of any doctors that help you manage your diabetes
- Write down any questions you want to ask
- Set up in a quiet, comfortable place where you can talk freely about your health
- Decide if you want anyone to join you for the call — like a family member, friend, or someone else who helps with your health

## How long will I be working with the clinic?

About 3 to 5 months on average, but there's no set time frame. Our goal is to help you get your A1c to a healthier level (below 9%) and make sure you feel comfortable and confident in managing your diabetes. After that, we'll check in a few times a year to see how things are going.

## Questions? Need to reschedule your visit?

Give us a call at **1-888-802-2738** (TTY 711).



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