

A discussion guide for your 3-6 month check-up.

Between family, work, and play, life can get hectic. And even if you're an organized person, it's easy to go into a healthcare professional's appointment and forget to address a few of the questions you had. Print this discussion guide out, bring it with you, and get the answers you need.

1 Ask your healthcare professional about your A1C level.

2 Share your blood sugar diary, and ask to have your blood sugar checked during your visit.

3 Ask about a foot exam.

4 Discover your healthy weight range.

5 Remember to get your blood pressure checked.

6 Write down any other concerns you have and would like to address.
