

## Discussion Guide:

# How Your Diabetes Care Team Can Help Ease the Burden of Tracking Diabetes Information

For people who use insulin to manage their diabetes, there can be a lot of information to track. A [recent Association of Diabetes Care & Education Specialists \(ADCES\) survey](#) found that people living with diabetes wish all their data was put together automatically so they could see everything they need in one place (82 percent).

Use this discussion guide to speak with your diabetes care team to determine what tools you can use to ease the burden of tracking your important diabetes information.



## Before Visiting Your Diabetes Care Team...

1 How do you record or keep track of your glucose levels? What tools do you use?

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2 Understanding that life can get busy sometimes, how consistently do you log your glucose levels?

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3 How, if at all, do you go about tracking and recording your insulin use?

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4 How frequently, if at all, do you look back at your insulin use over time to determine how your insulin dosing impacts your glucose levels?

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5 What are some of the challenges you face with tracking your glucose levels and insulin dosing?

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6 On average, how much time per day do you spend managing your diabetes? This could include measuring your glucose levels, calculating and delivering doses of insulin, looking at or analyzing continuous glucose monitoring (CGM) data, among other activities.

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## At Your Visit...

1 Do you have advice or tools that I can use to make recording or keeping track of my glucose levels easier?

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2 Using this new method, how consistently should I log my glucose levels?

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3 Do you have advice or tools that I can use to make tracking and recording my insulin use easier?

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4 How can I use this approach to look back at my insulin use over time to determine how my insulin dosing impacts my glucose levels?

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5 How do you think this new approach will reduce the amount of time I spend managing my diabetes each day?

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