

Your Diabetes Health Care Team

UW Health and your diabetes care team will provide support for you to help you understand Type 2 diabetes and manage your blood sugar levels. Our goal is to support you in your efforts to live well with diabetes. This brochure briefly explains some educational opportunities available to you. It also explains the role each diabetes care team member plays in your care.

Registered Nurse

- gives you basic information about diabetes
- calls you to check on your blood sugar levels and update you on your diabetes medication doses

Primary Care Provider

- sees you at least twice a year for a check-up
- orders your diabetes medication

Registered Nurse Diabetes Educator

- teaches you skills and gives you information about Type 2 Diabetes to help you manage your blood sugars from day-to-day
- works with your provider to manage your diabetes medications

YOU
are the
center of
your team!

Medical Assistant or Licensed Practical Nurse

- calls you when lab tests are due
- performs part of your foot exam when you come for a clinic visit

Registered Dietitian

- helps you learn how different kinds of food affect your blood sugar levels
- helps you understand how to eat so you can manage your blood sugar levels without giving up foods that you like

Receptionist

- reminds you to bring your blood sugar meter and record book to your appointments
- calls to remind you to make clinic, lab and other appointments

Pharmacist

- explains your diabetes medications to you
- answers questions about all your medications and how they interact with your diabetes

As part of your care, you will also need to see your eye doctor and dentist and have lab tests done regularly. You will learn more about these as you work with your diabetes care team. Diabetes is a condition that can be managed.

Your Role on the Diabetes Care Team

You can manage your diabetes with the help of your diabetes care team. UW Health is asking that you take an active role on your team. It is important that you learn as much as you can to manage your blood sugars and get all your routine lab work and exams done on schedule. One of your biggest tasks is to prepare for clinic visits. To help remember the things to tell your care team, just remember the word S.U.G.A.R.

S

Symptoms and Feelings

Tell your care team if you are:

- feeling dizzy or weak
- feeling tired all the time
- having tingling in your feet
- having other unusual symptoms
- feeling depressed or frustrated with your diabetes

U

Understanding Your Tests

Ask for more information about:

- results of your lab tests, clinic procedures and exams
- scheduling regular lab tests and exams

G

Going Forward

Talk to your care team about what you can do to manage your diabetes long term, such as:

- healthy eating, exercise and blood sugar testing
- contacting your care team right away when you need help
- enrolling in a UW Health Type 2 Diabetes Education Class

A

Ask Questions

Bring a written list of:

- questions and concerns to discuss with your provider
- requests for information and educational materials

R

Routine Medications

Bring all the medications you take and tell the provider how you take each, including:

- diabetes medication and other prescriptions
- vitamins, herbals and over the counter medications



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UW Health
Health and Nutrition
Education
uwhealth.org/diabetes