



Medical Aid Scheme



Administered by

Discovery  
Health

THESE ARE QUESTIONS YOU MAY WANT TO ASK YOUR  
CARE TEAM ABOUT IN YOUR NEXT CONSULTATION.

# Questions to ask your care team



# Questions for your **Doctor**

## **LIFESTYLE CHANGES**

- 01 | How can I change my lifestyle and diet in a way that will be healthy?
- 02 | Is it safe to exercise if I have diabetes?

## **VISITS WITH YOUR DOCTOR**

- 01 | How often should I consult with my doctor?

## **GLUCOSE MONITORING**

- 01 | What are my goals regarding blood sugar levels?
- 02 | How often should I check my blood sugar levels at home with a glucose monitor?
- 03 | How can I share my glucometer results so that my doctor and care team can see the results to help me manage my blood sugar levels?

## **TREATMENT**

- 01 | What are the side effects of my medicine?
- 02 | Will I always need chronic medication?

## **DIABETES COMPLICATIONS**

- 01 | How often should I have my foot screened?
- 02 | How often should I have my eyes screened?

## **DIABETES-RELATED WARNING SIGNS**

- 01 | What are the warning signs or symptoms that my blood sugar level is too high?
- 02 | What should I do if my blood sugar levels are too high?
- 03 | What are the warning signs or symptoms that my blood sugar level is too low?
- 04 | What should I do if my blood sugar is too low?
- 05 | When do I need to report a hypoglycaemia (a hypo) to my doctor?

## **OTHER TOPICS**

- 01 | How often should I check my blood pressure levels?
- 02 | How does my medical aid cover this medicine? Are there alternatives that don't require additional payments?
- 03 | How do other factors such as high cholesterol and high blood pressure affect me?
- 04 | How should I prepare to travel?
- 05 | What happens if I want to fall pregnant? (pre-pregnancy planning)?
- 06 | What happens if I want to fast (either Ramadan or intermittent fasting)?



# Questions for your Diabetes Educator

## LIFESTYLE BEHAVIORS

- 01 | What can raise or lower my blood sugar?
- 02 | What long-term exercise and diet changes can I make?
- 03 | If I lose weight and exercise, will my blood sugar levels return to normal?
- 04 | Can workplace stress make my blood sugar level go up?
- 05 | Why do exercise and weight affect my blood sugar levels?

## RELATIONSHIP WITH YOUR DIABETES EDUCATOR

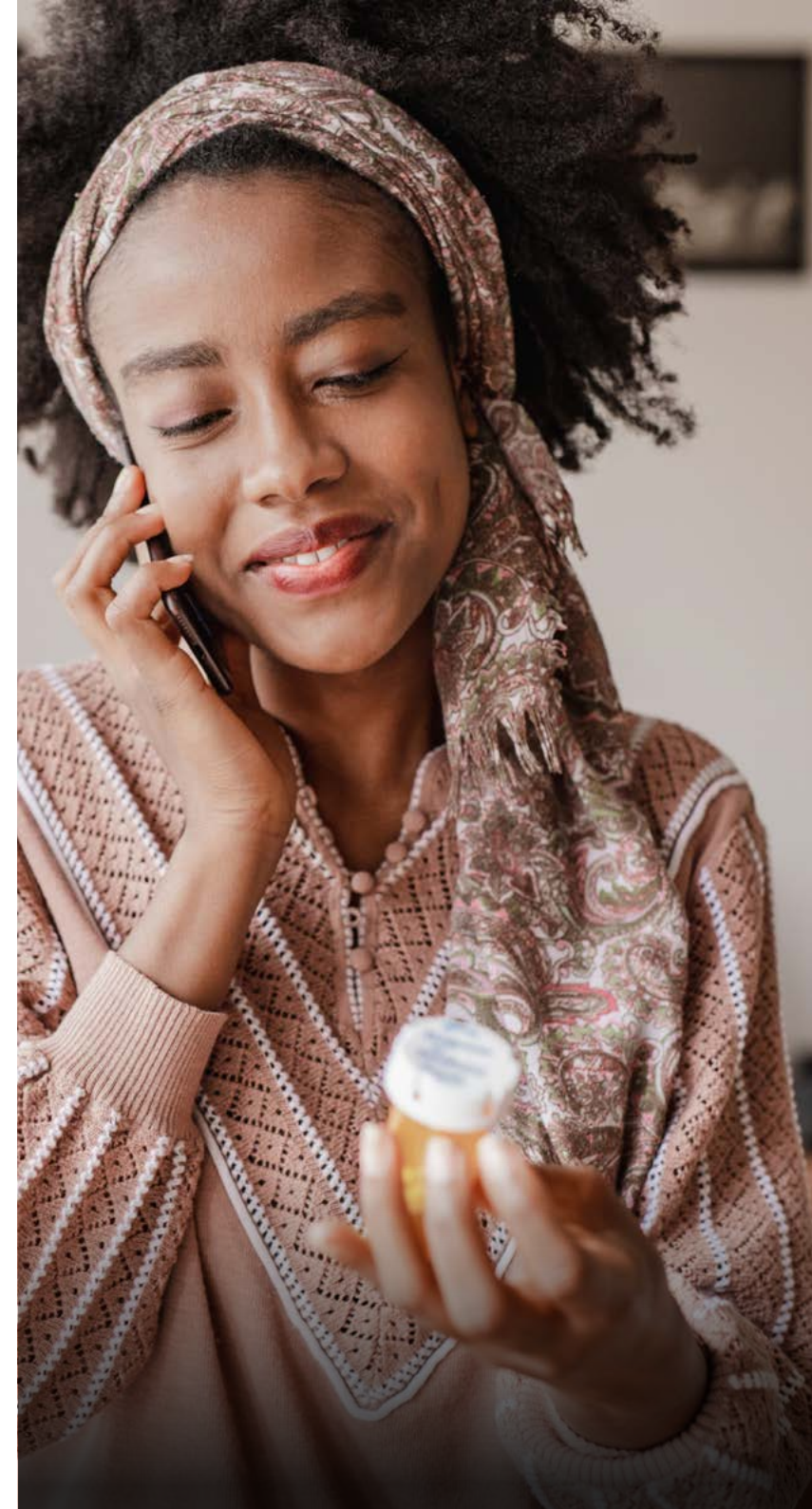
- 01 | How often should I be visiting my diabetes nurse educator?
- 02 | What are my short term goals?
- 03 | What are my long term goals?

## GLUCOSE MONITORING

- 01 | 01 | How should I use my glucose monitor?
- 02 | What are my short term goals?
- 03 | What are my long term goals?

## OTHER TOPICS

- 01 | Do I need to get a medic alert bracelet?
- 02 | Do my family or care provider need to know anything or learn anything to assist me in any way, like in case of a low blood sugar episode?
- 03 | Can you explain basic foot care for my condition?



# Questions for your **Optometrist or Ophthalmologist**

## **IT IS RECOMMENDED TO HAVE A COMPREHENSIVE EYE EXAM EVERY YEAR.**

Here are questions to ask your doctor:

- 01 | What kind of vision problems do people with diabetes have?
- 02 | Can I have normal vision but underlying complications?
- 03 | Can this yearly check predict complications or changes in my condition?
- 04 | How does high blood sugar affect vision?
- 05 | What symptoms should I look out for? (blurriness, spots, etc.)



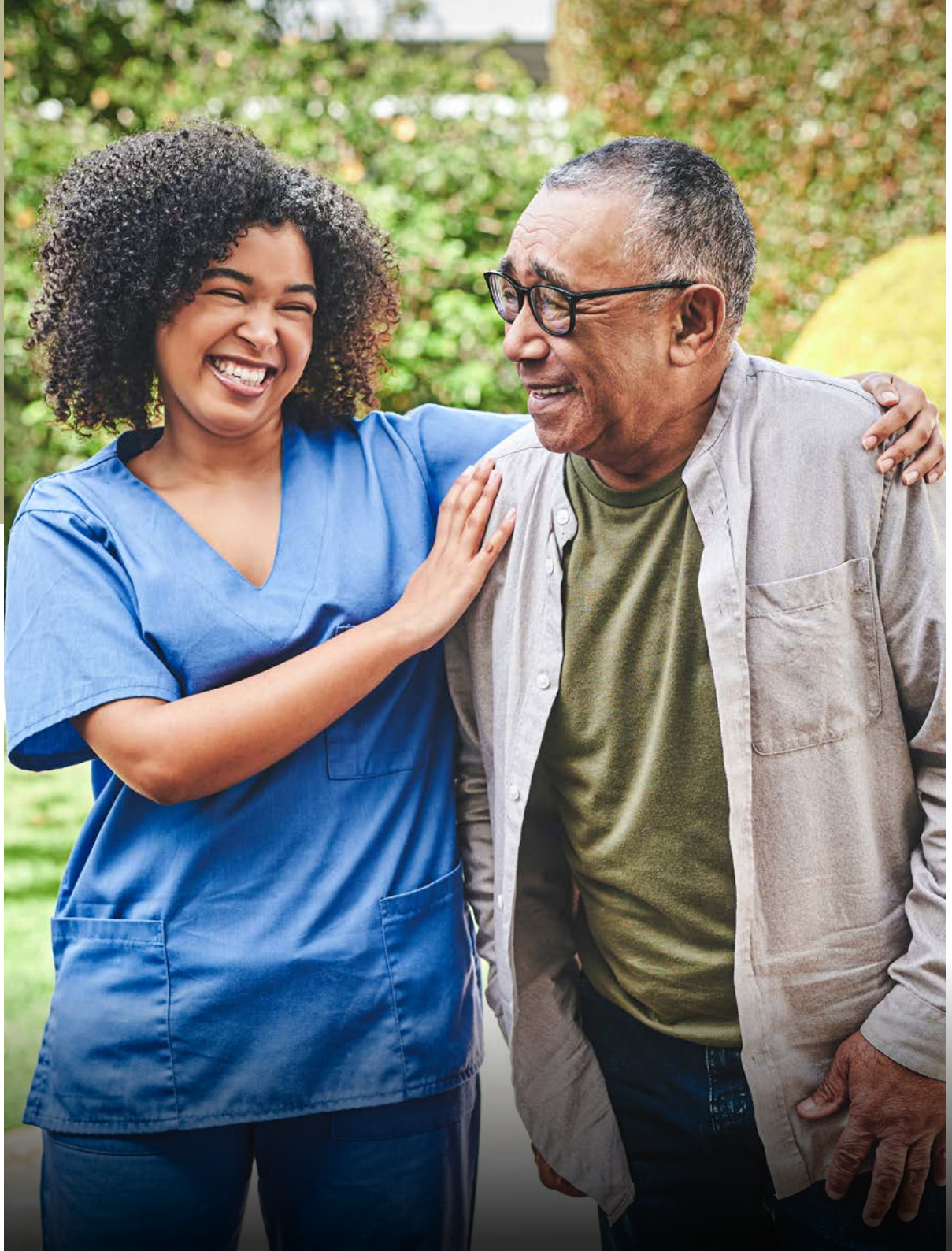


# Questions for your **Podiatrist**

## **IT IS RECOMMENDED TO HAVE A THOROUGH FOOT EXAM ONCE A YEAR.**

Here's a list of questions:

- 01 | How often should I check my feet?
- 02 | What would be a warning sign of foot problems?
- 03 | Can you explain basic foot care for my condition?





# Questions for your **Dietitian**

- 01 | How does my diet affect my blood sugar, my cholesterol, and my risk for heart disease?
- 02 | How do I count carbs?
- 03 | What dietary changes can I make to improve my health?
- 04 | Can you help me draw up a meal plan?
- 05 | How much alcohol is safe for me to drink?





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