



# QUESTIONS TO ASK YOUR CARE TEAM



# QUESTIONS FOR YOUR DOCTOR

---

- 01 | Should I check my blood sugar levels at home with a glucose monitor? What type of glucose monitor is best for me?
- 02 | How often should I check my blood pressure levels? What information does my testing pattern give me?
- 03 | How can I upload my glucometer results so that my doctor and care team can see the results to help me manage my blood sugar levels?
- 04 | Why do I need to test at these times? What are my targets? What are my goals for our next visit?
- 05 | How often should I consult with my doctor?
- 06 | What are my goals regarding blood sugar levels?
- 07 | What are the warning signs or symptoms that my blood sugar level is too high? What should I do if my blood sugar levels is too high?
- 08 | What are the warning signs or symptoms that my blood sugar level is too low? What should I do if my blood sugar is too low? When do I need to report a hypoglycaemia (a hypo) to my doctor?
- 09 | How can I change my lifestyle and diet in a way that will be healthy?

- 10 | What are the side effects of my medicine or insulin?
- 11 | Will I always need medicine or insulin? How will you decide what treatment is the best for me?
- 12 | How does my medical aid cover this medicine? Are there alternatives that don't require additional payments?
- 13 | What are the long-term complications of diabetes, and how can I avoid them?
- 14 | Is it safe to exercise if I have diabetes? Do I need to adapt my medicines if I exercise regularly?
- 15 | How do other factors such as high cholesterol and high blood pressure affect me?
- 16 | How should I prepare to travel?
- 17 | What happens if I want to fall pregnant? (pre-pregnancy planning)?
- 18 | What happens if I want to fast (either Ramadan or intermittent fasting)?

# QUESTIONS FOR YOUR DIABETES EDUCATOR

---

- 01 | How do we work together? What are our short-term and long-term goals?
- 02 | How should I draw blood to check my blood sugar levels at home?
- 03 | What type of glucose monitor is best for me?
- 04 | How do I use my glucose monitor?
- 05 | What can raise or lower my blood sugar?
- 06 | What can I do immediately to get high blood sugar readings down?
- 07 | Why do exercise and weight affect my blood sugar levels?
- 08 | Can I control my disease without medicine?
- 09 | Will my diabetes progress?
- 10 | Will I have to take insulin?
- 11 | Do I need a sick day management plan?
- 12 | What long-term exercise and diet changes can I make?
- 13 | What should I eat when I'm sick?
- 14 | What kind of infections should I watch out for?
- 15 | If I lose weight and exercise, will my blood sugar levels return to normal?
- 16 | Can workplace stress make my blood sugar level go up?
- 17 | Can diabetes affect a pregnancy?
- 18 | Will lack of sleep or poor sleep affect my blood sugar levels?
- 19 | Do I need to get a medic alert bracelet? Where should I keep emergency contact details?
- 20 | Do my family or car provider need to know anything or learn anything to assist me in any way, like in case of a sugar spike or drop?
- 21 | 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 | Do you have many patients with diabetes?
- 02 | Can I have normal vision but underlying complications?
- 03 | Can this yearly check predict complications or changes in my condition?
- 04 | What kind of vision problems do people with diabetes have?
- 05 | Why does high blood sugar affect vision?
- 06 | What symptoms should I look out for? (blurriness, spots, etc.)
- 07 | Do I have any signs of eye trouble?

# QUESTIONS FOR YOUR PODIATRIST

---

It is recommended to have a thorough foot exam once a year. Here's a list of questions:

- 01 | Are you familiar with diabetes-related foot problems?
- 02 | What kind of shoes should I wear?
- 03 | How often should I check my feet?
- 04 | How can I make my shoes more comfortable?
- 05 | What would be a warning sign of foot problems?
- 06 | Can I still exercise if my feet hurt?
- 07 | What type of exercise would be best for someone with nerve damage in their feet?
- 08 | Should I cut my own toenails and trim calluses?
- 09 | 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 | Which foods contain carbohydrates (carbs)?
- 03 | How many carbs should I have in each per meal?
- 04 | How do I count carbs?
- 05 | If I'm overweight, how much weight should I lose to get my health back on track?
- 06 | What dietary changes can I make to improve my health?
- 07 | Can you help me draw up a meal plan?
- 08 | Where can I go to get help on how to eat well?

- 09 | Are high-carbohydrate and starchy foods forbidden?
- 10 | Are desserts forbidden?
- 11 | If I feel fine can I eat whatever I like again?
- 12 | What kinds of food should I eat more of? What kinds should I eat less of?
- 13 | Can I drink alcohol? How much?
- 14 | Can you explain what 'carb exchanges' means?
- 15 | Can I eat more protein?

Download the Discovery app

---

Discovery Health Medical Scheme is regulated by the Council for Medical Schemes.

The benefits explained in this brochure are provided by Discovery Health Medical Scheme, registration number 1125, administered by Discovery Health (Pty) Ltd, registration number 1997/013480/07, an authorised financial services provider and administrator of medical schemes. This brochure is only a summary of the key benefits and features of Discovery Health Medical Scheme plans, awaiting formal approval from the Council for Medical Schemes. In all instances, Discovery Health Medical Scheme Rules prevail. Please consult the Scheme Rules on [www.discovery.co.za](http://www.discovery.co.za). When reference is made to 'we' in the context of benefits, members, payments or cover, in this brochure this is reference to Discovery Health Medical Scheme.