WORLD DIABETES DAY

IT’S TIME TO PRIORITIZE YOUR HEALTH AND GET SCREENED FOR DIABETES!

1. Set up a **meet-and-greet** with your doctor before the actual screening appointment.
2. Ask the doctor or staff to **explain the diabetes screening steps** in simple language.
3. Ensure that you are **regularly seen by the same provider**.
4. Ask the doctor’s office to **offer extra scheduling support** and reduce waiting times.
5. Make sure the **doctor’s staff support you throughout the visit** and stay with you during the appointment.
6. Ask your healthcare provider questions about **monitoring your blood glucose and pressure** and have them share information with you.

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