

TIPS FOR CHOOSING DIABETES TECH

A guide for talking to your doctor about therapy



Figuring out what technology is right for you can be overwhelming. We hope this guide helps you get the information you'll need to make a choice about therapy.



CONSIDERATIONS PRE APPOINTMENT

We recommend thinking through these considerations ahead of your appointment.

- How are you hoping technology will improve life for you and your family?
- What do you struggle with most when managing your diabetes?
- What do you often think about when managing your diabetes? Do you have any fears or concerns?
- How much time are you willing to spend learning to use new technology?

TIP: Jot down your answers on a piece of paper or take notes on your phone, and bring them with you to the appointment.



QUESTIONS TO ASK YOUR DOCTOR

Answers to the following questions can help you identify what technology will work best for you.

- Based on my experiences, what solutions would you recommend and why?
- What solutions can help increase the amount of time I spend in a target glucose range?
- How can technology help reduce low blood sugars at night?
- How can I see insulin and sugar data discreetly?
- How is technology different than what I am currently doing?
- How do different therapies impact long-term complications?