

Where am I with my type 2 diabetes and what should I do next?

Type 2 diabetes comes with a lot of information and a lot of options. Sometimes, it can be hard to know where you are and where you should be. Answering the simple questions below is your first step to getting your next step right.

1. What diabetes medication(s) are you currently taking? (List all)

4. Are you able to take your medication as directed by your doctor?

- Yes Sometimes No I don't know

5. Are your blood sugar levels where they need to be according to your doctor?

- Yes Sometimes No I don't know

2. Do you have an exercise plan in place?

- Yes Sometimes No

5. Is your diabetes plan and/or your diabetes medicine helping to reduce your associated risk of cardiovascular disease?

- Yes Sometimes No I don't know

3. Do you have a meal plan in place?

- Yes Sometimes No

Where you answered YES, keep doing what you're doing.

Where you answered SOMETIMES, consider adjustments you could make to turn this into a 'yes'. Or consult your doctor for advice.

Where you answered NO or DON'T KNOW, make an appointment with your doctor to discuss your questions and concerns.

Remember, things like diet and exercise are not just about managing blood sugar, they also have an influence on your long-term health and risk of cardiovascular disease. Getting them right today will help you enjoy a healthier future.

Ask for help assessing and adjusting your plan as needed, as well as whether there are other treatments better suited to your needs.