

South East Diabetes Education

Appointment Checklist

Bring this checklist to your diabetes education consult

Bring these items

- Medicare card and referral details (if applicable).
- Current medication list, including insulin and dose timing.
- Recent blood test results (for example HbA1c and related reports).
- Glucose records from the last 7 to 14 days (meter, CGM, or pump reports).
- If you use technology: device, app logins, and current settings summary.

Prepare before your session

- Write your top 3 questions so the consult focuses on what matters most to you.
- Note any recent changes in medication, symptoms, routine, or glucose patterns.
- Bring food or activity notes if these are relevant to your review goals.

On the day

- Arrive 10 minutes early for in-person consults, or test your telehealth connection in advance.
- Bring reading glasses and hearing support if needed for easier discussion.
- Have your phone ready for follow-up links or summary instructions.

Important

This checklist supports preparation only and does not replace personal medical advice. For urgent symptoms, call 000.