

six tips

Type 2 diabetes affects 28 million Americans and you see many of these patients in your office every day.

In order for both you and your patients to get the most out of these interactions and use this time more wisely, here are **six tips** you and your care team can use to fine-tune your office visit.

Before the Visit

1

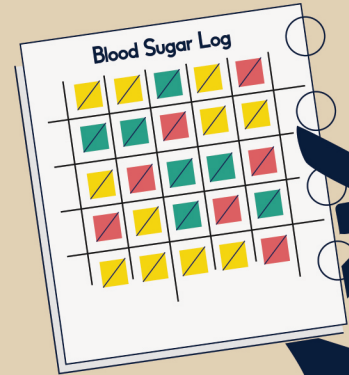
Order labs in advance

Having labs ready for the appointment will make it easier to determine any necessary changes to the patient care plan.

2

Remind patients to bring their blood sugar log

Making sure that a patient brings this to every visit will help you discuss how diet, exercise, or stress may have impacted their results.



During the Visit

3

Use language that engages patients

Uplifting language will empower your patients in your mutual goal – better health. Here are a few ideas:

"Many of my patients with diabetes get frustrated by..."
"You can live a long, healthy life with diabetes."
"Having diabetes is like having a full-time job."

4

Screen for depression

You can find relevant questionnaires and other resources at Together2Goal.org under the "Additional Provider Resources" tab on the website.

Before the Patient Leaves

5

Collaborate on goals

Work with your patients to agree upon a "S.M.A.R.T." goal that will guide treatment until the next appointment. For example, instead of "I want to eat healthy," help reframe your patient's goal to "I will replace soda with water and tea."

S

Specific

M

Measurable

A

Achievable

R

Realistic

T

Time-bound

6

Schedule a follow-up

If the patient's measures are not within desired range, schedule a follow-up appointment within the next thirty days.

Make it your mission to try at least **one** of these tips with your next **three** diabetes patients. When you're more effective and efficient, everyone wins.

Together, we can get to goal.

Together2Goal.
AMGA Foundation
National Diabetes Campaign

Together 2 Goal® is a three-year national campaign directed by AMGA Foundation to fight the challenge of Type 2 diabetes. The campaign includes more than 150 medical groups, health systems, non-profit partners, and corporate collaborators and seeks to improve care for 1 million people with Type 2 diabetes by 2019. www.together2goal.org