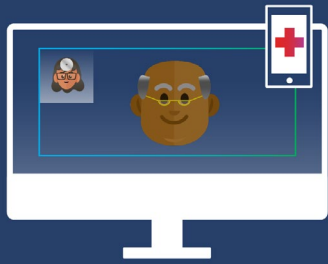


3 Steps to Prep: Getting Ready for a Virtual Visit



We're all doing more things virtually now. Working, shopping, connecting with family and friends — and even visits with our healthcare providers. These virtual visits are now happening over the phone and on video platforms.

Before a virtual visit with a healthcare provider, it's important to make the right preparations. Preparing yourself, your tech, and your space can help ensure that your visit goes smoothly and successfully.

Prepare Yourself

- Be on time. Know the day and time of your appointment, and use your calendar to set reminders for yourself.
- Keep your medications available during your virtual visit.
- Know your numbers. You may be asked about things like A1C, blood glucose, or weight before or during your scheduled visit.

Prepare Your Space

- Choose a quiet area where you can discuss personal health.
- Limit distractions so you can focus on your visit.
- Ensure your space is well lit so that your healthcare provider can see you clearly.

Prepare Your Tech

- Know how your healthcare provider will contact you. If you are using an online platform, download the app on your phone or computer at least 15 minutes prior to your visit and ensure you can login.
- Verify that you have cell service or an internet connection.
- Check and adjust the sound level of your device, and make sure you are not on mute.

Putting these three steps into practice will help you and your healthcare provider get the most out of your virtual visit.

You can also use the charts on the following page to keep a record of your health targets for your visit.

Your Numbers and Information

Current Medications:

Height:

Blood Pressure:

Weight:

A1C:

Your One-Week Blood Glucose Diary

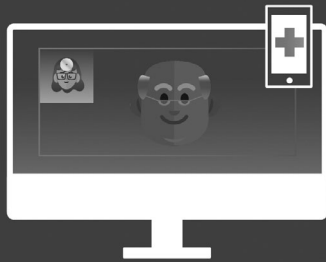
Checking your blood sugar level before and after meals can be a good way to see how well you are managing your diabetes. For this chart, check your blood sugar 3 times a day for each day of the week. Follow the guidance of your healthcare provider on how often you should check your blood sugar.

Dr. Recommended Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Questions or Concerns

Write down any questions or concerns you may have about your health, so you can easily share them with your healthcare provider during your virtual visit.

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