STEP 4: TAKE ACTION

You've done the hard part which is starting the conversation! Once you've talked with your healthcare provider, these next steps may help you move forward.

CONTACT THE MEDICAL DEVICE COMPANY:

- [ ] Request a product demo and/or trial of the device
- [ ] Ask about cost, insurance coverage and patient assistance programs (PAPs)

CONTACT YOUR INSURANCE:

- [ ] Is this technology covered by my plan?
- [ ] What, if any, will my costs be?
- [ ] What documents does my insurance require?

SCHEDULE A FOLLOW-UP WITH YOUR HEALTHCARE PROVIDER TO:

- [ ] Complete required labs
- [ ] Get the prescription(s) for the device(s) that you and your healthcare provider have chosen

NOTES

The creation of this resource was supported by our partner, Insulet, Maker of Omnipod.



BEYOND TYPE 1

EXPLORING DIABETES TECHNOLOGY

for Managing Type 2 Diabetes

A guide to help you talk with your healthcare provider about diabetes technology options.

Diabetes technology has changed the way many people manage type 2 diabetes. Whether you're looking to better understand your blood sugar (also called glucose), simplify your daily routine, or feel more confident managing your diabetes, technology may be worth exploring!

You don't need to know which technology is right for you before your appointment. **This guide will help you think through your goals, explore your options, and prepare questions so you and your healthcare provider can decide together.**

STEP 1: THINK ABOUT YOUR GOALS

People choose diabetes technology for different reasons. There's no right answer, start with what matters most to you.

- [ ] I want to know how food, exercise, stress, sleep, or medicine affect my glucose.
- [ ] I want to learn about ways to take insulin without taking shots every day.
- [ ] I want to make taking insulin easier.
- [ ] I want to spend less time taking care of my diabetes.
- [ ] I want to check my glucose without fingersticks.
- [ ] I want to feel more confident managing my diabetes.
- [ ] I want help keeping my glucose in my target range.
- [ ] I want a diabetes plan that fits my daily life.

Bring your answers to your healthcare provider.
They'll help you decide whether diabetes technology is a good fit for your treatment plan and personal goals.



STEP 2: EXPLORE YOUR OPTIONS

Based on what you selected in step 1, below is technology you may want to ask about.

IF YOU'D LIKE TO...	YOU MAY WANT TO ASK ABOUT...
Better understand your glucose	**Continuous Glucose Monitor (CGM):** a wearable device that monitors your glucose
Reduce fingersticks	**Continuous Glucose Monitor (CGM):** a wearable device that monitors your glucose
Simplify insulin delivery; give insulin automatically	**Automated Insulin Delivery (AID) System:** combines an insulin pump with a CGM

Want to learn more before your appointment? Visit:

STEP 3: TALK WITH YOUR HEALTHCARE PROVIDER

- [ ] Can you tell me more about diabetes technology, like continuous glucose monitors (CGMs) and insulin pumps? Is this something you often talk about with your patients?*
- [ ] What options do you think would be best for me with the goals I've shared with you?
- [ ] How do you think a CGM, insulin pump, and/or AID system could improve my day to day diabetes management and glucose control?

* Note: If your healthcare provider is not familiar with diabetes technology, you may ask if there is a certified diabetes care and education specialist (CDCES) or another provider that may have more information to help you.