

# MANAGING DIABETES ACTION PLAN

What concerns you most about diabetes?

What is most important to you about managing your diabetes?

Choose 1-3 goals that you can do over the next two weeks:

- Talk to my provider
- Ask my provider for a referral to talk with a diabetes educator or certified dietitian
- Learn more about diabetes and managing it
- Monitor my blood sugar
- Be more active
- Manage stress/Practice self-care
- Practice meal planning
- Quit smoking
- Take medications given to me by my provider
- Other:

Some things that may stop me from completing my goals are:

If this happens, I will:

My support people are:

How sure are you that you can follow this plan?

- Very Sure
- Sure
- Somewhat sure
- Not sure at all

## MY CARE TEAM

OB Provider:

MIHP Case Manager:

Community Health Worker: