

## WHY SETTLE FOR YOUR DIABETES CARE?



You don't settle for many things in life, why would diabetes care be one of them? If you are unhappy with your experiences, explore other options. You are your best advocate for your health. Identify your needs and see which Endocrinologist can meet you at your standards. In my findings, the patient provider relationship is a key component to a successful Telehealth visit. Explore your options through the American Association of Clinical Endocrinology search engine. Click [here](#) to identify Endocrinologists near you or reach out to JDRF for a list of local Endocrinologists.

WebMD offers a filtering service that may be useful when finding your best fit. Search Endocrinologists near you and sort by accepted insurance policy, ratings, distance, virtual visit and accepting new patients. Click [here](#) to start exploring!

*"I have the advantage of having a great relationship with my Endocrinologist, prior to my Telehealth visit" – Jeff*

*If you don't have a great relationship with your Endocrinologist, maybe this is something to consider changing for future success with your diabetes management.*

## SPECIAL THANKS

Thank you JDRF members of DADA (Dallas-Area Diabetic Adults) who participated in my Telehealth focus group. Thank you Soumya Adhikari, MD for your responses on my Telehealth questions. Thank you Dana Roseman MPH, CDCES, RDN, LDN and Tanya Conovaloff Developmental Outreach Manager of North Texas and Oklahoma Chapter of JDRF, for guiding me through my research and final project for UNCW!

I hope you find these resources useful and apply my research to your Telehealth visits, bettering your diabetes management journey!

# Optimizing Telehealth for Patients with T1D

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**A RECCOMENDATION GUIDE  
FOR YOUR TYPE 1 DIABETES  
CARE - TELEHEALTH VISITS**



## LAB WORK IS THE BEST WORK

Scheduling lab work may be time consuming, but it will be worth it during your Telehealth visit. This data gives your health care provider a current representation as to where your levels are and creates conversation points.

*“I try to get my labs done ahead of my visit, so we have something to talk about” – Kirsten*

## SCHEDULE LAB WORK

If your provider does not have a system in place before your visit, you may request lab work on your own. Click [here](#) to see recommended steps before requesting your own lab work, lab locations, and steps to order your own lab test.

This also includes making sure your health care provider receives data from your insulin delivery device prior to the meeting.

*“Plan ahead. Be patient. Have your data organized and preferably sent prior to the visit.” – Dr. Adhikari*

*“We implemented this way faster than we expected. Now let’s look carefully at what’s working and what’s not so we can begin to define best practices.” – Dr. Adhikari*



## COME WITH QUESTIONS

Preparation is a key component for an optimal Telehealth visit. Dedicate this time to address any questions or concerns you may have. Write them down to reference during the visit. Compared to an in person visit, Telehealth creates more time for conversation so take advantage of this!

*“We’ve had time to really focus on issues and figure things out in a way that I have never been able to do before.” – Angie*

## KEEP IT PRIVATE!

Talk to your doctor about the level of security in your network. You may request a password upon entry to create a secure place to disclose information. Research your network to ensure high-level security and prevent any breaches of your personal data.

Some HIPPA Compliant networks include:

- Doctor On Demand
- TelaDoc
- Doxy.ME



## WHAT ABOUT NEUROPATHY?



If neuropathy is of concern to you, check out these [at home tests](#) that may assist in your proclamation. The Mayo Clinic offers [lifestyle and home remedies](#) resource for Neuropathy. You may want to consider scheduling an in person visit rather than Telehealth so your health care provider can physically evaluate you.

According to the ADA, patients with Type 1 Diabetes for 5 or more years should be assessed annually for distal symmetric polyneuropathy using medical history and simple clinical tests (2017).

*“I don’t have Neuropathy and haven’t experienced any physical indications to exceed the standard of care. I feel like most of what an Endocrinologist does for me, can be accomplished through Telehealth.” – Richelle*

*“Endocrinology is not appropriate for a Telemedicine call. I expect my Endocrinologist to touch me, look at my feet, look at my eyes, and that’s not happening.” – Gary*

## YOU ARE YOUR OWN ADVOCATE FOR HEALTH

Nobody battles Type 1 Diabetes the same way. Do what you think is best for your care. Don’t put care off, don’t settle for the subpar care you are receiving, do what makes you most comfortable when managing YOUR type 1 diabetes.

