

# Build your diabetes healthcare team

While a primary physician and endocrinologist are important players to have in your corner, there are other people that can play an important role in managing your diabetes.

## Diabetes educator.

A diabetes educator, also called a certified diabetes educator (CDE), can teach you several ways to better cope with diabetes.

## Dietitian.

A dietitian can help you choose foods that will stabilize your blood sugar and schedule meals around medications and exercise.

## Exercise physiologist.

If your doctor is unable to recommend a safe exercise regimen, ask for a referral to an exercise physiologist trained in diabetes.

## Pharmacist.

Your pharmacist can educate you about your diabetes medications, side effects, and potential drug interactions.

## Support group.

Connecting with other people who live with diabetes can provide support and valuable insight.

## Friends & family.

Nurture ties with friends and family members. They are your first line of understanding, support, and comfort.

## You.

The most important member of your diabetes healthcare team? You! Ultimately, you're in charge of your healthcare team and your diabetes care plan.



Scan here or visit [mycare.sharecare.com](https://mycare.sharecare.com) today to add your diabetes healthcare team to your Health Profile.