



## WHY DIABETES MEDICATION CHECK-UPS MATTER

Living with diabetes can feel like a lot to manage, and it's about more than just watching blood sugar numbers. Your medications play a big role in keeping you healthy— helping protect your heart, kidneys, and overall wellbeing, as well as keeping your A1c at target. That's why it's important to check in with your healthcare provider on your medication plan regularly (usually every 3 to 6 months) to make sure everything is still working as intended.

### **WHAT IS A MEDICATION CHECK-UP?**

A medication check-up is a conversation with your doctor, nurse or pharmacist to review the diabetes medications you're currently taking. Together, you'll look at how well your treatment is working, check for side effects, and explore whether newer medications could offer more protection.

## WHY IT MATTERS

Diabetes care isn't one-size-fits-all. Over time, your needs can change, which is why diabetes treatment plans should be reviewed and adjusted regularly.

Some newer diabetes medications do more than lower blood sugar. They can also help protect your heart and kidneys or support healthy weight management.

A diabetes medication check-up gives you and your healthcare provider a chance to make sure your treatment plan still fits your goals and reflects current best practices.

## WHEN TO SCHEDULE A DIABETES MEDICATION CHECK UP

Schedule a medication check-up every 3-6 months, or sooner if:

- You start a new medication
- Your A1C, blood pressure, or kidney function changes
- You have side effects or new health concerns
- You want to know if newer medications could benefit your heart or kidneys

## WHAT TO ASK YOUR CARE TEAM

- Are my current medications still the best fit for me?
- Do any of my medications help protect my heart or kidneys?
- Should I consider adding or changing to a medication with added benefits?
- How often should we review my treatment plan?
- Are there side effects or interactions I should watch for?

## TAKEAWAY

Your medications should work as hard as you do. A diabetes medication check-up helps ensure your treatment plan supports your whole health— from blood sugar to heart and kidney protection. Talk to your healthcare provider about scheduling one today.

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