



Physical Activity dialogue

DIABETES CONSULT for PHARMACY

New Fill (Oral/Insulin/Test Strips)

Engagement

- Have you met with a diabetes educator?
- **How would you rate your level of activity? (Low, Moderate, High)**
- **What type of daily activity do you do consistently?**
- Do you understand the role between diabetes and activity?
- **What questions or concerns do you have about your daily activity level and/or recommendation for daily activity?**
- Do you have a tracker that can help you monitor your level of activity?

How Activity Affects Your Blood Glucose

- **As someone with diabetes, there are many benefits to increasing your level of physical activity.** It can help improve your glucose control, reduce risk for cardiovascular disease, increase weight loss and lower Body Mass Index (BMI).
- **The American Diabetes Association recommends at least 90 minutes of moderate intensity exercise throughout the week.**
- **Physical activity can be split between at least 3 days during the week and for at least 30 minutes each day.**
- You do not have to do exercise every day, but you don't want to go more than 2 days in a row without exercising.
- Examples of a moderate intensity exercise are a 30 minute brisk walk, bicycling for 30 minutes, water aerobics, or even gardening for 30-45 minutes. You can also mix in days of more vigorous activity if you feel like your body can handle it, such as a zumba class or step aerobics.
- The American Diabetes Association also recommends resistance training such as weight lifting at least 2 times per week.

Recommendations and Monitoring

Please **check with your physician before starting an exercise program**, especially if you are doing little or no exercise currently.

- The key is to start off by making small changes such as taking a walk after dinner instead of watching TV.
- **I encourage you to find the type of physical activity you enjoy doing because it will make it easier to integrate into your lifestyle.**
- Regularly *monitoring your blood sugar* is one of the most important things you can do to help control your diabetes.
- **Testing your blood sugar can help you understand how exercise affects your blood sugar.**
- **If you test *before* and then *after* a brisk walk, for instance, you may see the effect that this level of exercise has on your blood sugar results.**

Here is an information guide that can help you get started in understanding how exercise can help you control your blood sugar.

Sometimes it only takes a question to start a useful **DIALOGUE!**

These are suggested questions to help you engage your diabetes customer to help start the **dialogue**. You can ask as few or as many questions as you would like. If you have limited time, you may want to just focus on the highlighted information.

Patients can find a diabetes educator in their area through www.diabeteseducator.org

It's very important that the patient knows their exercise limitations. Remind your patient that they should check with their physician before starting any exercise program.

Based upon the direction your engagement questions take you, select diabetes management info from this section to help inform your diabetes patient on the importance of blood glucose management.

To help you provide useful information to the diabetes patient on an on-going basis, please see the **Diabetes Background Information** provided in the Program Guide.

If there is limited time, you can keep it simple by using just the highlighted information.



For a newly diagnosed diabetes patient, the **CONTOUR[®]NEXT EZ** meter is a very good choice because of its ease-of-use and high accuracy.

Additionally, the **CONTOUR[®]NEXT EZ** meter provides both meal-markers and audible reminders, to help your patients get actionable information.

Once you have completed the discussion with your patient, hand them the **Know Your Healthy Steps** brochure (provided in the Program Guide) to take home with them to review. Let them know that you'd be happy to discuss any questions they have during their next visit.



Physical Activity dialogue

DIABETES CONSULT for PHARMACY

Refill (Oral/Insulin/Test Strips)

Engagement

- How would you rate your current level of diabetes management? (Good, Average, Poor)
- How would you rate your level of activity? (Low, Moderate, High)
- What type of daily activity do you do consistently?
- Do you have a tracker that can help you monitor your level of activity?
- Do you understand the relationship between diabetes and activity?
- What questions or concerns do you have about your daily activity level and/or recommendation for daily activity?

How Activity Affects Your Blood Glucose

(Change in medication? I understand your frustration.)

- There are lifestyle modifications you can make that will help your body control the blood sugar and the need for adding other medications may be prolonged.
- The first is by eating a healthy diet, which I am sure your doctor has talked to you about.
- Has your doctor explained how **physical activity** can help control your diabetes?
- The American Diabetes Association recommends at least 150 minutes of moderate intensity exercise throughout the week.
- You can split it between 3 or more days as long as you are physically active for at least 30 minutes each time. You don't have to do activity every day, but it is best to not go more than 2 days without activity. A good rule is to try to have some activity at least every other day.
- Some examples of *moderate* physical activity are taking a brisk walk, bicycling, water aerobics, and even gardening or vacuuming.
- Some examples of more *vigorous* activity would be taking a zumba class or step aerobics, which can be mixed in throughout the week if you want.
- Exercise is very beneficial to help improve your glucose control and it can also reduce your risk for cardiovascular disease.

Recommendations and Monitoring

Please **check with your physician before starting an exercise program**, especially if you are doing little or no exercise currently.

- The key is to start off by making small changes such as taking a walk after dinner instead of watching TV.
- I encourage you to find the type of physical activity you enjoy doing because it will make it easier to integrate into your lifestyle.
- Regularly *monitoring your blood sugar* is one of the most important things you can do to help control your diabetes.
- Testing your blood sugar before and after activity can help you understand how exercise affects your blood sugar.
- If you test *before* and then *after* a brisk walk, for instance, you may see the effect that this level of exercise has on your blood sugar results.

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Sometimes it only takes a question to start a useful **DIALOGUE!**

These are suggested questions to help you engage your diabetes patient to help start the **dialogue**. You can ask as few or as many questions as you would like. If you have limited time, you may want to just focus on the highlighted information.

Patients can find a diabetes educator in their area through www.diabeteseducator.org

It's very important that the patient knows their exercise limitations. Remind your patient that they should check with their physician before starting any exercise program.

Based upon the direction your engagement question takes you, select Diabetes Management info from this section to help inform your diabetes patient on the importance of blood glucose management.

To help you provide useful information to your patient with diabetes on an on-going basis, please see the **Diabetes Background Information** provided in the **Dialogue Program Guide**.

If the time is limited, you can keep it simple by using just the highlighted information.



Help your patients get actionable information from their blood glucose testing:

The CONTOUR[®]NEXT and CONTOUR[®]NEXT USB meters have an AUTOLOG feature that automatically prompts the patient to mark their BG result. Patients can add a note to their BG result – such as before or after exercise. Additionally, patients can set an audible reminder to prompt them to test afterwards.

Once you have completed the discussion with your patient, hand them the **Know Your Healthy Steps** brochure (provided in the **Dialogue Program Guide**) to take home with them to review. Let them know that you'd be happy to discuss any questions they have during their next visit.



New Fill (Oral/Insulin/Test Strips)

Engagement

- Have you met with a diabetes educator?
- **How would you rate your level of activity? (Low, Moderate, High)**
- **What type of daily activity do you do consistently?**
- Do you understand the importance of activity for patients with diabetes and activity?
- **What questions or concerns do you have about your daily activity level and/or recommendation for daily activity?**
- Do you have a tracker that can help you monitor your level of activity?

How Activity Affects Your Blood Glucose

- **There are many benefits to increasing your level of physical activity.** It can help improve glucose control for people with diabetes, reduce risk for cardiovascular disease, increase weight loss and lower Body Mass Index (BMI).
- **The American Diabetes Association recommends at least 90 minutes of moderate intensity exercise throughout the week.**
- **Physical activity can be split between at least 3 days during the week and for at least 30 minutes each day.**
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- The American Diabetes Association also recommends resistance training such as weight lifting at least 2 times per week.

Recommendations and Monitoring

Please **check with your physician before starting an exercise program**, especially if you are doing little or no exercise currently.

- The key is to start off by making small changes such as taking a walk after dinner instead of sitting or laying down.
- **I encourage you to find the type of physical activity you enjoy doing because it will make it easier to integrate into your lifestyle.**
- Regularly *monitoring your blood sugar* is one of the most important things you can do to help control your diabetes.
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