

Type 2 Diabetes

Prepare for your Dm2life type 2 management class

What you'll learn

- How glucose monitoring fits into daily life
- Carbohydrate awareness and meal timing
- Medication overview and common questions to ask your provider
- Preventing short- and long-term complications
- Creating a sustainable routine with check-ins

Pre-class checklist

Check each item off before your session so we can spend our time on you, not on paperwork.

- ☐ Bring your glucose meter, CGM, or recent log (2 weeks if possible)
- ☐ List current medications and supplements
- ☐ Write down any questions about food, exercise, or medications
- ☐ Have your last A1c result handy

My medication and supplement list

Name / dose / when I take it

My glucose log summary

Typical fasting / after-meal readings

Bring-your-own notes

Questions I want answered in class

Brief intake questionnaire

Answer these before class and share them at the start of our session.

- When were you diagnosed with type 2 diabetes?

- What do you currently use to monitor your blood sugar?

- What is one part of daily management that feels hardest?

My one goal for this class

Always follow your doctor or provider's advice and prescriptions. These materials are for education only and do not diagnose, treat, or replace medical care.