



WEEK 3

LET'S TALK ABOUT YOUR HEALTHCARE TEAM

Our talking points today	Time (mins)
Welcome & recap from last week	5
Ice breaker - What was your experience of first being diagnosed with diabetes?	10
Discussion - share experiences of visiting your GPs, hospital appointments and the annual checks.	15
Do we know what to expect? Let's review all the essential checks, and talk about the importance of these and how these helps to avoid diabetes complications. What barriers, if any, have you encountered?	15
Useful links and resources: <ul style="list-style-type: none"> • KD video The three treatment targets Know Diabetes • Watch the video on the 15 healthcare essentials 15 healthcare essentials Know Diabetes 	10
Wrap up	5