



Picking the right endocrinologist, PCP, and pharmacy

A good medical support team can simplify living with T1D and help ensure your success in managing T1D

Endo and PCP Selection

Your endocrinologist will help manage your T1D, your PCP will help with general medical conditions. Most T1Ds see their endo 3-4x per year and they are your key T1D support Dr.

Ask for recommendations:

- T1Ds and T1D forums
- Friends, family, other care providers
- Your insurance provider or healthcare website

Ensure they are in-network and accepting new patients

Do your own research, and check credentials:

- Google, www.ratems.com, www.healthgrades.com, etc.

Visit them and check for:

- Locations of offices and labs that are convenient to *you*
- Clean and organized office
- Friendly and helpful staff
- Hours and schedule
- Telehealth and messaging options
- Years in practice
- Use your gut instinct and build a team you trust

1st visit interview: Ask how many patients they have, how long they have been practicing, how far in advance appointments need to be scheduled, how accessible they or their staff are, and if you can message them to request refills and other support. Their responsiveness and flexibility can be life-improving and lifesaving.

Be assertive with your care. You manage the disease 24/7, they deal with you when you visit and ask for RXs.

Pharmacy

- Proximity: Choose one that is convenient to your location. Mail order can be very convenient, as long as deliveries will be safely received
- DME: Often used for CGM, pump, and larger supplies
- Hours: Is your pharmacy open when you need them?
- Co-pay: Be sure to check your plan for co-pay, maximum out of pocket, and maximum deductible
- Apps and support: Many insurance providers and pharmacies have apps that make refills and appointments more convenient