

My Diabetic Macular Edema (DME) Treatment Journal

Sometimes it's hard to remember everything you need to know about your treatment. This list can help you keep track of all your treatment information in one easy-to-find place. Simply fill in the spaces where indicated and you will have the names and phone numbers of your physicians, your insurance card information, the dates of your upcoming appointments, and the names of your medications on a piece of paper that you can take with you and refer to when needed.

Contacts to help you keep important names and numbers close at hand:

Your diabetes healthcare team

Primary care physician: _____
Phone: _____
Email: _____

Endocrinologist: _____
Phone: _____
Email: _____

Retina specialist: _____
Phone: _____
Email: _____

Ophthalmologist: _____
Phone: _____
Email: _____

Optometrist: _____
Phone: _____
Email: _____

Podiatrist: _____
Phone: _____
Email: _____

Nephrologist: _____
Phone: _____
Email: _____

Cardiologist: _____
Phone: _____
Email: _____

Dietician: _____
Phone: _____
Email: _____

Case manager: _____
Phone: _____
Email: _____

Pharmacy: _____
Phone: _____
Email: _____

Primary insurance: _____
Card/group no.: _____
Phone: _____
Website/portal: _____

Your support team

Family member: _____
Phone: _____
Email: _____

Support service: _____
Phone: _____
Website/portal: _____

Family member: _____
Phone: _____
Email: _____

Friend: _____
Phone: _____
Email: _____

Social worker/therapist: _____
Phone: _____
Email: _____

Friend: _____
Phone: _____
Email: _____





Appointment tracker to help manage your daily schedule and upcoming office visits. If you would like additional information on eye exams, visit DiabetesSightRisk.com.

Appointment with	Date	Reason	Notes
Example: Dr Henderson	4/22/15 1:30 PM	Follow up	Dilated eye exam



 **Test tracker** to keep a record of all your tests and results.

Test	Date	Results	Notes
Example: Dilated eye exam	2/15/15	Macular swelling	Discuss treatment with doctor

For additional resources,
contact your case manager.



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