It is important for Veterans who have diabetes to talk with their health care provider about selecting a safe and effective blood glucose target range that is based on their own goals, priorities and lifestyles. Being an active member of the health care team can help Veterans manage their diabetes and prevent episodes of low blood sugar (hypoglycemia).

Be Involved in Your Health Care

Be Involved in Your Health Care Whiteboard Video
https://www.youtube.com/watch?v=zmhxK4theZo&list=PL3AQ_JVoBEywH95nwBCpqomAWbUlMfGoy&index=19

VA-DoD Clinical Practice Guideline on Type 2 Diabetes Mellitus
The VA-DoD Clinical Practice Guideline on Managing Diabetes Mellitus in Primary Care emphasizes the importance of partnering and sharing decision making between patients and the whole health care team in all aspects of the diabetes care plan (including diet, physical activity, and medications). An especially important decision to share is the selection of blood glucose target ranges that will be safe and effective for each patient based on the patient’s priorities, goals and lifestyle. This will help Veterans avoid episodes of low blood sugar and maintain their health.
https://vaww.oqsv.med.va.gov/functions/integrity/cpg/cpgDM.aspx

Veterans Health Library
The Veterans Health Library (VHL) offers Veterans, their families, and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that’s consistent with VA clinical practice. Its information, resources, and tools are engaging, “Veteran-friendly”, and written in plain language. The VHL helps Veterans understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Items within the VHL on diabetes and being involved in your health care include:

Living with Diabetes

- Diabetes: Disease & Conditions
- Diabetes: Tests and Treatments
  - What is Hypoglycemia (Low Blood Sugar)?
  - Using Glucose Tablets to Treat Low Blood Sugar
  - Using Glucose Gel or Solution to Treat Low Blood Sugar
  - How to Check your Blood Sugar

Healthy Living Matters. Prevention Works.
• **Diabetes Shared Decision-Making Tool: Should I Start Insulin?**
  Veterans can use this VHL tool to learn about treatment options, insulin, and setting a safe A1c goal for managing their Type 2 Diabetes. Veterans who work through the tool will be able to reflect on their options and factor in what is important to them. At the end they can print a summary of their responses to share with their healthcare provider, family members, or caregivers.

• **Videos for Veterans and VHA Health Care Team Members:**
  o “Partnering with Your Provider: Be Aware! – Tom’s Story” *(3:06)*
    [http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETES03](http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETES03)
  o “Partnering with Your Provider: Speak Up! – Mary’s Story” *(3:37)*
    [http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETES02](http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETES02)
  o “Partnering with Your Provider: Don’t Forget!” – Joe’s Story” *(3:36)*
    [http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETES01](http://www.veteranshealthlibrary.org/Resources/VideoLibrary/?e=0#player:165,DIABETES01)

• **Partnering with Your Whole Health Care Team:**
  o Talk with Your Provider About Choosing a Safe A1c Goal
    [http://www.veteranshealthlibrary.org/Search/142,41524_VA](http://www.veteranshealthlibrary.org/Search/142,41524_VA)

  o What You Should Know About a Safe A1c Goal
    [http://www.veteranshealthlibrary.org/Search/142,41525_VA](http://www.veteranshealthlibrary.org/Search/142,41525_VA)

**Department of Veterans Affairs Resources**

• My HealtheVet Blood Sugar Tracker (for Premium users to monitor their health history and past blood sugar readings):

• Shared Decision Making: SHARE Approach and Teach Back:

• VA Nutrition and Food Services Diabetes Information:

• VHA Choosing Wisely Hypoglycemia Safety Initiative (HSI):
  [https://www.qualityandsafety.va.gov/ChoosingWiselyHealthSafetyInitiative/HypoglycemiaSite/Hypoglycemia.asp](https://www.qualityandsafety.va.gov/ChoosingWiselyHealthSafetyInitiative/HypoglycemiaSite/Hypoglycemia.asp)

• VA Vantage Point Blog and Video: Sharing decisions helps Veterans manage Diabetes:
  [https://www.blogs.va.gov/VAntage/53996/sharing-decisions-helps-veterans-manage-diabetes/](https://www.blogs.va.gov/VAntage/53996/sharing-decisions-helps-veterans-manage-diabetes/)
Federal Resources
Agency for Healthcare Research and Quality (AHRQ)

- SHARE Approach:

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

- Diabetes education:
  https://www.niddk.nih.gov/health-information/diabetes

- Low Blood Glucose (Hypoglycemia):
  https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/low-blood-glucose-hypoglycemia

- The A1c Test and Diabetes:
  https://www.niddk.nih.gov/health-information/diabetes/overview/tests-diagnosis/a1c-test