Managing your time is a daily challenge when you have diabetes. There are so many things to keep in mind that having a regular routine can feel overwhelming. There are ways, however, to make managing your diabetes easier. The following strategies will help keep your diabetes care simple and effective.

Setting reminders is a great way to relieve the stress that accompanies the diabetes schedule.

Set Alarms

- Set an alarm on your smartphone as a reminder to check glucose or take insulin before meals
- Start with something small and add additional alarms once you get used to your routine

Use Physical Reminders

- Use physical reminders such as hair ties or bracelets to remind you of the number of blood glucose checks you need per day
- Place post-it-notes around the house or in your school locker

Create Checklists

Checklists are another great way to view what tasks need to be done, and which ones have been completed. There is a definite feeling of accomplishment as you check off the daily items on your list.

- A dry erase board in the kitchen or any shared family space
- A notebook
- Notes section on your phone
- In your school planner

Combine Reminders

Combine reminders with the things you do every day. For example:

- Keep your CGM reader or phone on your nightstand so you can review your CGM data when you wake up and enter it into your pump if a correction is required
- Take your long-acting insulin after brushing your teeth before bed
- Keep your meter where you eat meals or snacks

By setting reminders, you can reduce the stress that often comes along with diabetes. You have the power to take charge, set your priorities and enjoy a little peace of mind.

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This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

Diabetes Burnout

Prioritizing and Planning

Organizing Your Environment

Sources

How to Use Reminders on Your iPhone

9 Appointment Reminders – Medtronic

Tips, Tools, and Useful Reminders – Integrated Diabetes Services