



Questions?

Many people have questions when they start taking a new medicine. Ask your diabetes care team any questions you may have, such as:

Question What if I forget to take my medicine?

Answer _____

Question _____

Answer _____

Question _____

Answer _____

Don't hesitate to call a member of your diabetes care team if you have questions about how to take your medicine. Write the names and numbers of your team members below.



Primary doctor _____



Diabetes educator _____



Pharmacist _____

Other _____



You may be eligible to receive calls from a Certified Diabetes Educator (CDE).*

Starting a GLP-1 RA

If your doctor has prescribed a GLP-1 RA, have him or her fill in this section for you.

Product name: _____

When to take: _____

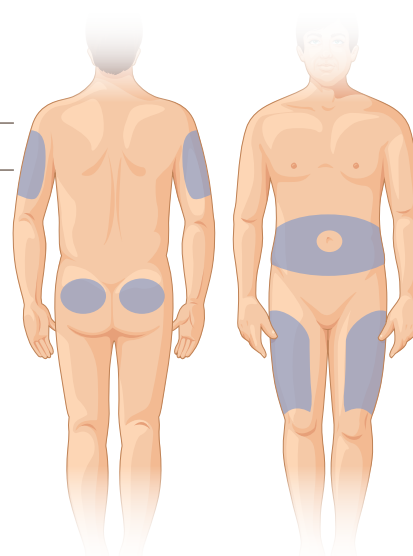
How to take: _____

Starting dose: _____

Dose adjustments (if needed):

Where to inject (if needed):

(Be sure to rotate where you inject throughout that area.)



Follow-up appointment date:



To learn more, visit [Cornerstones4Care.com](https://www.Cornerstones4Care.com)

Cornerstones4Care® is a registered trademark of Novo Nordisk A/S. Novo Nordisk is a registered trademark of Novo Nordisk A/S. © 2020 Novo Nordisk Printed in the U.S.A. US19ED00004 January 2020



Take charge of your diabetes

Medicines for Type 2 Diabetes



GLP-1 receptor agonists



Starting a GLP-1 RA

Like many people with type 2 diabetes, you may be managing your diabetes by:

- Being active
- Eating healthy
- Taking diabetes medicine

At some point, this may not be enough. This is because diabetes changes over time. Your treatment may also have to change to help you reach your blood sugar goals.

Your doctor may recommend a **glucagon-like peptide-1 receptor agonist** (GLP-1 RA). It is a noninsulin diabetes medicine that can help you lower your blood sugar. Write your numbers here.

My A1C
now:

My A1C
goal:

When is this medicine taken?

GLP-1RAs can be taken once a day, twice a day, or once weekly, depending on the medicine.

Talk to your diabetes care team about when to take your GLP-1 RA. Fill it in here.

When to take my GLP-1 RA:

What medicines do you take?

You may have to take more than one diabetes medicine to reach your blood sugar goals. It's important to know:

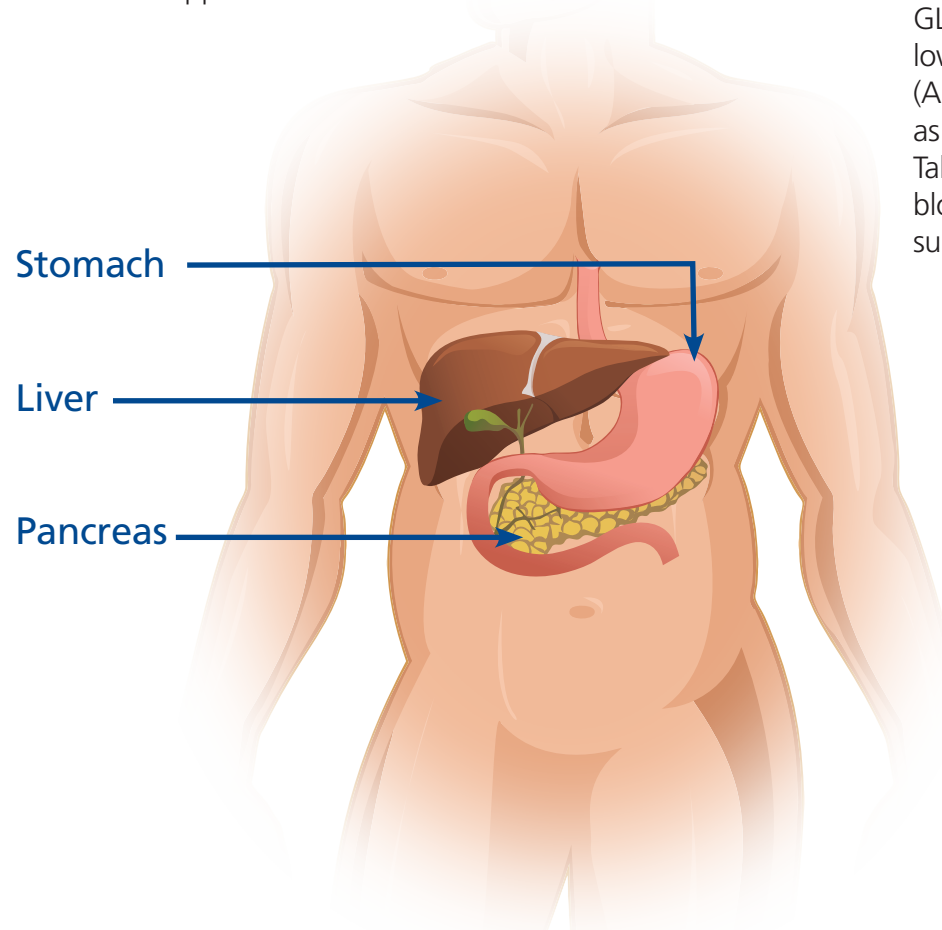
- What each medicine is
- How and when to take each one

Be sure to take each medicine exactly as your doctor tells you to. Write down all of your medicines here.

How does this medicine work?

GLP-1 RAs help to lower blood sugar. This medicine:

- Helps the pancreas release more insulin when blood sugars are high
- Helps lower the amount of sugar released from the liver into the blood
- Slows down food moving through the stomach and decreases appetite



Does this medicine cause side effects?

Like all medicines, GLP-1 RAs can have side effects. The most common side effects are usually nausea and vomiting. Not everyone may have side effects. If you do, your diabetes care team can help you find ways to manage them.

If you take other diabetes medicines with your GLP-1 RA, you may have a higher risk of having low blood sugar. The American Diabetes Association (ADA) defines low blood sugar (or *hypoglycemia*) as when your blood sugar is less than 70 mg/dL. Talk to your diabetes care team about your own blood sugar targets, and what to do if low blood sugar happens.

Why is this medicine important?

Adding a GLP-1 RA is important for people with type 2 diabetes because it can lower your A1C. This medicine may also help you lose some weight.

Medicine (name)

How much to take

When to take it
