

# 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: \_\_\_\_\_

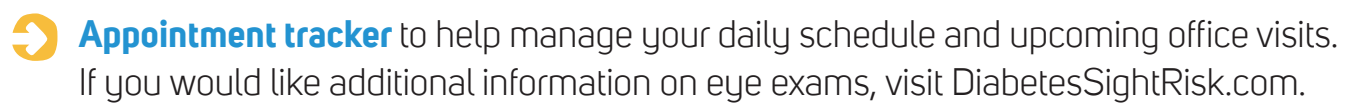
Family member: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Friend: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Social worker/therapist: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

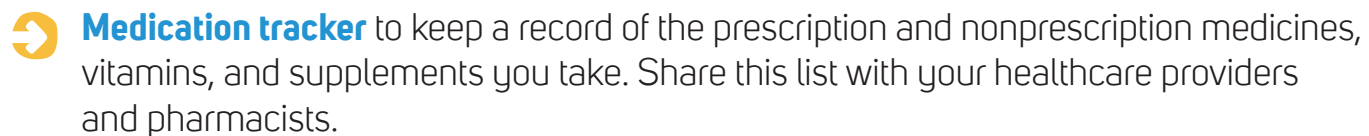
Friend: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_





If you would like additional information on eye exams, visit [DiabetesSightRisk.com](http://DiabetesSightRisk.com).

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**Medication tracker** to keep a record of the prescription and nonprescription medicines, vitamins, and supplements you take. Share this list with your healthcare providers and pharmacists.

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