**Instructions for your TeleMedicine visit**.

Please complete the **Health Intake Form** before your telemedicine appointment, return completed form  to  [nurse@greatplainsdiabetes.com](mailto:nurse@greatplainsdiabetes.com) prior to your appointment.

Please upload your insulin pump prior to your appointment. If you are using a Dexcom device, please share your Clarity code. If you are using a Libre device, you will need a LibreView account or can upload your meter the LibreView computer program. If you have questions on how to upload your device, each company has technical service call in number to assist.

If using a glucose meter, please write down your last week for 7 days of  **blood glucose readings** before your appointment, return to  [nurse@greatplainsdiabetes.com](mailto:nurse@greatplainsdiabetes.com)  or obtain a Glooko account and download your meter prior to the appointment and advise us that you have uploaded your meter.

If you have an option to weigh yourself and do a blood pressure at home and share that with us at your appointment, that would be greatly appreciated.

**Please let us know if you have new insurance card(s)**. You will need to send us a copy of the front and back of the insurance card(s) before your appointment.  
Finally, please email the Intake Form and if necessary the blood sugar readings and insurance card(s) copies to   [nurse@greatplainsdiabetes.com](mailto:nurse@greatplainsdiabetes.com) .