



# MOVING CHECKLIST

If you're preparing for a move, you'll no doubt create a to-do list before the movers arrive and once you step foot inside your new home. To help you tend to your diabetes care throughout the big move, we've created this easy-to-follow, tear-out checklist:

## AS SOON AS YOU KNOW YOU'RE MOVING:

- Talk to your diabetes care team about your move. Ask for referrals to health care providers in your new location.
- Call the local American Diabetes Association office in your new area, or find a local diabetes support group, for information on health care providers as well as the emotional support you may need.
- Parents, start gathering the information you'll need for your child's Diabetes Medical Management Plan (DMMP) and 504 plan to be used at her or his new school. If you are moving to a new state, research state laws that affect school diabetes care.
- If your insurance is changing, contact your new insurer to learn about your coverage.

## ONE MONTH BEFORE MOVING:

- Set up appointments with new health care providers. Note that in some doctors' offices, appointments may not be available for several months.
- Ask your current health care providers for prescription renewals, as well as copies of all of your health records. Also ask them to send your records to your new providers.
- If you use insulin, consider how you will keep it cold during travel.
- Parents should contact their child's new school and schedule meetings with the school nurse, teachers, and 504 plan coordinator.

## SHORTLY BEFORE MOVING:

- Put together a stockpile of supplies—blood glucose meter, lancing device, lancets,

test strips, medication, pump supplies, and fast-acting glucose—to have on you while traveling.

- Gather snacks, and make sure you have enough water for the trip.
- If you are moving to a place where English is not commonly spoken, make sure you know how to communicate that you have diabetes. Knowing how to ask for juice can also be helpful.

## ONCE YOU'VE MOVED:

- Meet with your new health care providers to discuss your diabetes care plan.
- Try to establish a routine to mitigate stress and stabilize blood glucose as much as you are able.
- Meet with your local ADA representatives or local support groups to start building a community.