



There's a reason why airline safety demonstrations instruct passengers to put on their own oxygen mask before assisting others in an emergency. If you don't take care of yourself, you can't effectively care for others.

Thank you for all the work you're doing to care for people with diabetes. We hope you find these resources helpful and supportive.

Helpful Tips



Utilizing the FORD Method ▶ 4:43

How to Kickstart a Conversation with Your Patients, presented by Jerry Meece, RPh, CDCES, FACA, FADCES

[PLAY AUDIO](#)
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A Marathon, Not a Sprint ▶ 5:54

Prioritizing self-care and self-compassion to cope with the stress of Covid-19, presented by Professor Frank Snoek and hosted by EASD

[VIEW VIDEO](#)

Covid-19: Mental Health ▶ 5:55

Managing mental health during Covid-19, from American Diabetes Association

[VIEW VIDEO](#)

Support Tools



Screening Tools to Check In with Your Patients and Their Mental Health

Patient Health Questionnaire (PHQ-2 and PHQ-9) Depression Screening

[DOWNLOAD PDF](#)

Monitoring Your Patients Remotely

1st Video ▶ 4:09 | 2nd Video ▶ 4:59

Learn how to create a OneTouch Reveal® clinic account, to help you manage patients with diabetes. The OneTouch Reveal® web app is available free of charge.


[VIEW 1ST VIDEO](#)
[VIEW 2ND VIDEO](#)

Diabetes and Covid-19 Resource Links



**International
Diabetes
Federation**



**American
Diabetes
Association®**



EASD
European Association
for the Study of Diabetes



ADCES
Association of
Diabetes Care & Education
Specialists

For more HCP resources visit
WWW.LIFESCANDIABETESINSTITUTE.COM
and sign up for free membership