

KNOW YOUR TEAM

Managing your diabetes is a team effort with you at the center. Your care team may include a mix of medical providers and support professionals who work together to help you stay healthy.



Connect with your Primary Care Provider (PCP) if you have questions about who should be on your care team. Not all clinics and communities have local care team members listed below; however, clinics may provide referrals or utilize telehealth services to connect you to those services. If you do not have a PCP, contact your local clinic or health insurance provider to find an in-network PCP.



Primary Care Provider (PCP) *Doctor, Nurse Practitioner, or Physician Assistant*

Oversees your overall health care, orders lab work, prescribes medications and makes referrals to specialists, as needed



Registered Nurse (RN)

Registered nurses work in many different areas of diabetes care. An RN typically provides education and support for managing diabetes.



Endocrinologist *Diabetes and Endocrine Specialist*

Provides expert care for managing diabetes, medications, and insulin plans



Certified Diabetes Care and Education Specialist (CDCES) / Diabetes Educator

Nurses, Dietitians, Pharmacists, and other healthcare professionals

Teaches practical skills for living with diabetes (individually or in a group setting) and supports healthy eating, physical activity, blood sugar monitoring, and problem-solving to manage diabetes. A CDCES has passed a credentialed board exam to provide diabetes education.



Registered Dietitian (RD)

Helps create a personalized eating plan, teaches how food affects blood sugar, supports weight management, and advocates for healthy choices



Pharmacist

Explains how your diabetes medications work, helps prevent medication interactions and side effects and supports medication adherence and affordability



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Care Coordinator *Nurse, Social Worker, Case Manager, or Community Health Worker*

Coordinates care across providers and ensures follow-up on key clinical indicators (e.g., A1C), helps you navigate appointments, insurance, and community resources, provides education, encouragement, and follow-up support and helps address barriers like transportation, food access, or cost of medications



Behavioral Health Provider *Counselor, Therapist, or Social Worker*

Supports mental and emotional well-being, helps manage stress, depression, and/or anxiety related to diabetes, and builds coping skills for long-term self-management



Vision Care Provider *Optometrist or Ophthalmologist*

Screens for diabetes-related eye disease and helps protect your vision with regular eye exams



Dentist

Screens for and treats oral complications of diabetes (e.g., dry mouth, infections, delayed healing) and reinforces the connection between oral health and blood glucose management



Fitness Professional / Exercise Specialist

Develops individualized exercise plans that align with diabetes care



Health Coach

Supports behavior change related to nutrition, physical activity, and medication adherence, assists with goal setting and overcoming self-management barriers, and encourages accountability and ongoing motivational support



Family and Friends

Offer emotional support and encouragement for healthy lifestyle changes, help reinforce medication adherence and glucose monitoring routines, recognize and respond to signs of hypo- or hyperglycemia



Additional Providers

In addition to the core care team members above, you may be referred to the following specialists for additional care and support:

Cardiologist *(Heart)*

Neurologist *(Brain)*

Gastroenterologist *(Stomach)*

Audiologist *(Hearing)*

Urologist *(Urinary Tract)*

Nephrologist *(Kidney)*

Podiatrist *(Feet)*

Obstetrics and Gynecology *(Women's Health)*



You are the most important member of the team. Your voice, goals, and daily choices matter. Ask questions, share concerns, and work with your care team to create a plan that fits your life.



To access a printable sheet to make note of all of your care team members, access doh.sd.gov/topics/diseases/chronic-disease/diabetes/diabetes-resources or scan the QR code.



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