Initial Steps

Recommended Initial Steps Before you begin, please read the Important Notice on page 2 of this booklet.

Your Health Team

Your Health Team Your health team is made up of the people who help you manage your health. Your health team may include:

- Your family doctor or nurse practitioner
- Specialist doctors (for example, a cardiologist, endocrinologist, or ophthalmologist)
- Registered dietitian (for example, to help you with your diet)
- Registered nurse (for example, to help you with your medications)
- Other health professionals (for example, a pharmacist, social worker, or exercise specialist)

Your Medications — Take Your Medications Properly

Take Your Medications Properly Take your medications exactly as your doctor tells you to. Do not change the dose or stop taking your medications without talking to your doctor first.