

Questions to ask my doctor

about my emotional health

Please print this page and discuss the following with your doctor during your next office visit.

Questions	Doctor response
<p>Should I be screened for depression, anxiety or both? Are there any signs or symptoms I should watch for? Could I have other physical causes for my change in mood? Is my depression or anxiety affecting the management of the diabetes? If so, is there something I can do?</p>	
<p>What are the treatment options for depression, anxiety or both? Do I need to see a counselor or other professional who can best help me with this?</p>	
<p>If starting a new medication:</p> <ul style="list-style-type: none"> ▪ Is it safe to take with my other medications? Are there any medications I should stop when I start this one? ▪ Are there any side effects I should be aware of? What should I do if I have any of these side effects? ▪ Is it the most cost-effective choice? For example, does it have the least expensive copay? Is a generic form available? ▪ What strength are you recommending? How many times a day do I need to take the medicine? ▪ What should I do if I miss a dose? ▪ Do I need to avoid alcohol or any particular foods while taking this medicine? 	

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