

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

This letter follows your recent visit regarding your diagnosis of [Type 1 / Type 2] Diabetes. We understand that this news may feel overwhelming, but we are here to support you in managing your health.

Diabetes is a condition where your body has difficulty managing blood glucose (sugar) levels. With the right plan, you can live a long and healthy life. Your initial management plan includes:

- **Medication:** [List medications or "As discussed in clinic"]
- **Monitoring:** Please check your blood sugar [Number] times per day.
- **Nutrition:** Focus on balanced meals with controlled carbohydrate intake.
- **Physical Activity:** Aim for [Number] minutes of moderate exercise daily.

We have scheduled a follow-up appointment for you on [Date] at [Time] to review your progress and answer any questions. We also recommend attending our Diabetes Education Class on [Date/Time].

If you experience symptoms of very high blood sugar (extreme thirst, frequent urination) or very low blood sugar (shakiness, confusion, sweating), please contact our office immediately or seek emergency care.

We look forward to working with you to manage your health.

Sincerely,

[Provider Name]

[Clinic/Practice Name]

[Phone Number]