

Dear Gestational Diabetes Patient,

We are excited to work with you and collaborate with your OB/GYN provider to offer you the best possible care.

For appointments, your Gestational Diabetes (GD) provider will send you a text with a link for a **secure Doximity video visit**. This link will appear when the provider is ready to meet with you. You will be asked to grant permission to access audio and visual settings. Once you agree, the system will send the provider a message confirming that you are ready.

Your OB/GYN will typically prescribe the **One Touch Verio glucometer** (rarely, it will be an alternative meter due to insurance restrictions). Using the option of the APP allows you to share your data with our office.

One Touch Reveal APP

After downloading **OneTouch Reveal app** and logging in, Go to right upper corner and click *:MORE*.

Go to *Connections* and then down to last option *Care Team: Add a clinic +* and enter our clinic code (which we will provide to you). This will send a request to our clinic to accept and you will be linked.

Continuous Glucose Monitoring is an option that you can discuss with your GD provider. Some Health plans do not cover Continuous Glucose Monitors for Gestational Diabetes.

Connecting Continuous Glucose Monitors

1) **Freestyle Libre 3 App**

After downloading the **Freestyle Libre 3 App**: Go to 3 lines in top left corner. Go to *Connected Apps*. Click on *LibreView*. Enter Clinic Code (which we will provide you).

2) **Dexcom G7 App**

After downloading the **Dexcom G7 App**: Go to the *Connections* tab at the very bottom of the screen. Go to *Clarity Clinic* and enter the Clinic Code (which we will provide you).

These apps allow you to add notes regarding meals, etc., which can be helpful for you and your provider to review together.

BLOOD SUGAR GOALS (Test 4 times a day):

Fasting: less than 95 mg/dl

1 hour after the first bite of each meal: : less than 140 mg/dl

2 hours after the first bite of each meal: less than 120 mg/dl.

How to contact us:

OFFICE PHONE: (860) 678-5526 to leave a message. Messages will be answered by the following business day. If you have a question that cannot wait until the next business day or if your message is urgent, please reach out to your OB provider or **call 911**.

If you are not using one of the APPS described above, Personal Health information (PHI) can only be shared via the secure Women's Health Patient Portal – The portal must be used to send files or pictures of your blood glucose, log sheets or food diary. These can be sent as attachments. Portal messages will be answered within 2 business days. If you require more immediate answers, please call the office phone and leave a message as outlined above. If you have a question that cannot wait until the next business day, please reach out to your OB provider. If the matter is **urgent, please contact your OB provider or call 911**.

We look forward to working with you through your pregnancy.

Ruth Ferrarotti, APRN, CDCES; Kim Parrow, APRN; Jennifer Lloyd, APRN, BC-ADM; Rebecca Mennillo, APRN