Instructions
Write the names or numbers of the following people and groups on the rings of the Circle of Influence. The closer they are to YOU, the MORE IMPORTANT they are to your successful diabetes management. Leave out any people or groups you have not encountered. Add in any people that we’ve missed out.

People and groups involved in diabetes management:

- Your GP
- GP Practice Nurse
- Phlebotomist
  Blood samples
- Optometrist
  Eye screening
- Podiatrist
  Foot care
- Dietician
- Pharmacist
- Endocrinologist
  Hormone specialist
- Diabetes UK Support Group
- Psychologist
- Diabetes Specialist Nurse
- Diabetes Research Doctor
- Consultant Diabetologist
- Physiotherapist
- Exercise Practitioner