

Gestational Diabetes Violet Sheet

(Free Version)

A Self-Advocacy Blueprint for Women's Health and Healing

Rooted in Her; Rising for All



Program Philosophy

At Rooted in Violet & Co., we believe self-advocacy is not a skill you're born with — it's a practice you grow into. Please internalize these truths as you complete your blueprint:

- 1. Every Woman Is the Architect of Her Health.** Physicians are partners in your journey, not gatekeepers. You bring lived experience; they bring clinical expertise. Wellness begins when both voices are equally valued.
- 2. Advocacy Is a Form of Healing.** Speaking up isn't confrontation; it's collaboration. The act of self-advocacy restores agency and dignity within systems that often silence women of color.



PART 1: MY HEALTH & LOGISTICAL SNAPSHOT

Current Weeks Gestation:

Next Crucial Screening Date (e.g., 2-Hour Postpartum Oral Glucose Test):

My Target Fasting Blood Sugar:

Standard target is under 95 mg/dL

My Target 1-Hour Post-Meal Blood Sugar:

Standard target is under 140 mg/dL

Logistical Reality Check (Check all that apply):

- I live in an area with limited local OB-GYN or maternal care options ("maternity desert").
- I face a long commute (15+ miles) to reach my designated specialist or clinical screenings.
- I experience structural challenges securing reliable transportation, childcare, or fuel funds for my visits.
- I have a smartphone or computer with a stable internet connection capable of executing video telehealth visits.

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The *ROOT Framework™ Interactive Blueprint*


PART 2: THE ROOT FRAMEWORK INTERACTIVE GUIDE

R = REVEAL WHAT'S GOING ON

Be completely honest about your symptoms, everyday stressors, and environmental barriers. Your body's signals are valid and deserve investigation, not dismissal.

What physical variations or blood sugar shifts am I observing? (e.g., unexpected spikes, unexplained fatigue, pattern changes)

What real-world limitations are impacting my care baseline? (e.g., commute distance, fuel costs, work shift rigidity)

 **My Self-Advocacy Script:** *"I am tracking my blood sugar daily, but I live _____ miles away from the clinic and don't always have a reliable way to commute. I am concerned that the logistical strain and travel distances will cause gaps in my critical care, especially my postpartum glucose screening."*

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The ROOT Framework Interactive Blueprint

O = OFFER YOUR OBSERVATIONS

Clearly articulate what you've noticed using specific, fact-based data from your logs. Transform from a passive participant to an active contributor.

What concrete data trends stand out in my daily logs? (e.g., "My fasting numbers run higher on mornings when I face stressful travel arrangements.")

What self-directed management steps have I initiated? (e.g., nutritional adjustments, post-meal walking routines, stress reductions)

O = OUTLINE WHAT YOU NEED

Define your expectations, express your care preferences, and request targeted resources. Reclaim control by identifying what success and support look like for you.


Check the solutions you intend to co-create with your care team during this visit:

A Split Care Plan: Utilizing telehealth for routine blood sugar log evaluations and saving in-person travel for essential scans.

Continuous Glucose Monitor (CGM) Authorization: To track real-time feedback automatically and minimize finger-stick stress.

Insurance NEMT Coordination Support: Requesting letters of medical necessity or access codes to secure insurance mileage reimbursement.

Culturally Competent Specialist Care: Referrals to a specialized prenatal nutritionist or maternal-fetal medicine specialist.

 **My Self-Advocacy Script:** "To keep my stress manageable and protect my metabolic health, I want to outline a care plan that limits unnecessary travel. Can we review my weekly logs via telehealth? For the required in-person checks, I need to coordinate with my insurance's medical transportation broker to confirm mileage coverage."

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T = TAKE NOTE & FOLLOW-UP

Transform advocacy into ongoing accountability. Document every conversation, metric target, and action step agreed upon.

Consultation Date	Provider / Agent Name	Key Decisions Made & Target Metrics Agreed Upon



PART 3: MY CARE LOGISTICS & TRANSPORTATION TRACKER

Use this reference section to log authorizations with your insurance provider or Non-Emergency Medical Transportation (NEMT) broker.

My Insurance/Medicaid Transportation Broker Contact Line: _____

Call Date & Agent Name	Trip ID / Confirmation ID	Approved Resource Type
		<input type="checkbox"/> Personal Mileage Reimbursement <input type="checkbox"/> Approved Driver/Ride Account
		<input type="checkbox"/> Personal Mileage Reimbursement <input type="checkbox"/> Approved Driver/Ride Account

“Reveal. Offer. Outline. Take Note. — Because your voice is the strongest medicine you have.”