

| TIMECODE | VISUALS | AUDIO |
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| 00:00:11 00:00:11 | dLife For Your Diabetes Life | VO dLife TV, the only show for your diabetes life. |
| | Opening Scene | VO Packed with information, insights, cooking and real stories about real people. |
| 00:00:16 00:00:16 00:00:16 | Opening Scene | VO dLife brings it all together to help you live a healthy diabetes life. |
| 00:00:20 | Scenes of children | Nicole Johnson Baker Today on dLife, the rights of children with diabetes at school. Is your child's school doing everything it should? |
| 00:00:26 | Scenes of children at camp | Nicole Johnson Baker Also, a heartwarming camp story about a father and daughter. Plus, real stories about real people living with diabetes. |
| 00:00:34 | Nicole Baker | Nicole Johnson Baker Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson Baker. We begin today with the special challenges facing children with diabetes. |
| 00:00:44 | Nicole Baker | Nicole Johnson Baker Strict diets, blood sugar fluctuations and insulin injections can make a child just feel different and isolated from other children. |
| 00:00:53 | Nicole Baker | Nicole Johnson Baker Schools have an important role to play in making sure that students with diabetes can participate in all activities and children have certain rights. |
| 00:01:02 | Switch to Crystal Jackson Back to Nicole Baker | Nicole Johnson Baker Joining me now is Crystal Jackson. She has a 16-year-old daughter with diabetes and is in charge of |

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| | | the American Diabetes Association's Safe at School campaign. |
| 00:01:12 | Nicole Baker | Nicole Johnson Baker She is also a co-author of the book, "Legal Rights of Students with Diabetes." Crystal, thank you for being here with us. |
| 00:01:18 | Crystal Jackson | Crystal Jackson Thank you for having me here. It's good to see you again. |
| 00:01:20 | Both sitting at table | Nicole Johnson Baker Now, you are a mom and an advocate for children with diabetes. Let's start off with, what are you hearing from young people about having diabetes and going to school? |
| 00:01:31 | Lower third Crystal Jackson Advocate & Mother of Type 1 Child | Crystal Jackson Kids with diabetes just wanna be kids. They wanna fit in and I think the second thing kids worry about is they want to be safe at school. They wanna know that there are trained personnel at school who can take care of any diabetes emergency, uh... who can help with pump issues if a pump malfunctions. If a child is low and can't take a test, that child wants to know that he or she will not be penalized for missing that test and can take the test at a different time. |
| 00:01:59 | Nicole Baker | Nicole Johnson Baker Now, do you hear different stories of difficulties from the parents of children who have diabetes about their interactions with schools? |
| 00:02:06 | Crystal Jackson | Crystal Jackson Well, certainly. We hear uhm... the same concerns from parents. Parents just want their kids to be safe at school. They want their kids to be able to participate in all activities. They want their child to be able to go to neighborhood schools and not sent across town to what we refer to sometimes as special diabetes schools. |

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| 00:02:24 | <p>Nicole Baker</p> | <p>Nicole Johnson Baker</p> <p>Are kids with diabetes really sent to special schools?</p> |
| 00:02:27 | <p>Crystal Jackson</p> <p>Lower third</p> <p>In many school districts, a child with diabetes must attend a school with a nurse on staff</p> | <p>Crystal Jackson</p> <p>Oh, uh... sadly enough, we hear about it all too often. Uhm... That uh... usually arises when you have a situation in a school district where there's just one nurse uhm... at one school and because the nurse is at this one school, sadly, kids are sent across town, uh... many cases, facing one-hour bus rides, without having the benefit of anybody on the bus who could help the child out in the event of, you know, hypoglycemic emergency.</p> |
| 00:02:54 | <p>Crystal Jackson</p> | <p>Crystal Jackson</p> <p>I think the main challenges are number one, a lack of trained personnel at schools. Uh... There absolutely, positively needs to be, in addition to the school nurse, who of course plays a very coordinating central role, there needs to be backup trained personnel so kids can attend and participate in extracurricular activities.</p> |
| 00:03:14 | <p>Crystal Jackson</p> | <p>Crystal Jackson</p> <p>We want to make sure that uhm... kids have adequate coverage for field trips and parents who-- You know, in today's society with two-income households, parents are working and- and they're working a lot and unfortunately, many parents can't just leave work and attend a field trip uhm... with a child.</p> |
| 00:03:31 | <p>Nicole Baker</p> | <p>Nicole Johnson Baker</p> <p>So basically, the parent has to make it their full-time job to be at school and attending to different school-related activities.</p> |
| 00:03:38 | <p>Crystal Jackson</p> <p>Lower third</p> <p>Various laws mandate that public schools make reasonable</p> | <p>Crystal Jackson</p> <p>Exactly. So it's the school's responsibility that either the school nurse or another trained adult accompany the child on a field trip.</p> |

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| | <p>accommodations for the needs of children with diabetes</p> | |
| <p>00:03:46</p> | <p>Nicole Baker</p> | <p>Nicole Johnson Baker</p> <p>Are there schools that- that really no one is willing to be trained or have the information to assist in a diabetes emergency should it occur?</p> |
| <p>00:03:55</p> | <p>Crystal Jackson</p> <p>Lower third</p> <p>For more information on your state's policies, visit dLife.com.</p> | <p>Crystal Jackson</p> <p>Well, we don't really hear about situations where people are refusing to be trained. There are situations where, in some states, where there's state laws that limit uhm... the nurse's ability to delegate diabetes care tasks. Uh... There are some school districts where there's just not simply-- just not enough resources to be able to help kids with diabetes.</p> |
| <p>00:04:17</p> | <p>Nicole Baker</p> | <p>Nicole Johnson Baker</p> <p>And now recently, uh... or at least in early 2006, there was a little bit of a challenge with the American Nurse's Association and their philosophy on medical care for students who have different issues like diabetes.</p> |
| <p>00:04:31</p> | <p>Crystal Jackson/Nicole Baker at table</p> <p>Crystal Jackson</p> | <p>Crystal Jackson</p> <p>Recently, the American Nurse's Association developed a proposed position statement on the medical care of kids in school. The statement advocates for a nurse in every school which is- is a good thing. That's what we want, but it also says that only a nurse can provide care and- and that's where it's problematic.</p> |
| <p>00:04:49</p> | <p>Nicole Baker</p> <p>Lower third</p> <p>Local or state laws may restrict who administers injections in schools.</p> | <p>Nicole Johnson Baker</p> <p>So then you get caught when the nurse is out doing something else or caring for another child and the child with diabetes has an issue.</p> |
| <p>00:04:54</p> | <p>Crystal Jackson</p> | <p>Crystal Jackson</p> <p>That's- that's right. Absolutely Nicole. And, you know, the two problems with that are number one,</p> |

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| | | <p>there aren't school nurses in every school. There aren't gonna be school nurses in every school in the foreseeable future. We have to deal with the situation today. We have kids with diabetes in school today and let's go ahead, let's advocate for a nurse in every school. But while we're advocating, we need to make sure the needs of kids with diabetes are met and how do we do that? By using trained personnel.</p> |
| <p>00:05:25</p> | <p>Nicole Baker</p> | <p>Nicole Johnson Baker</p> <p>What are the marching orders for parents who have a child in school and maybe concerned about the type of care that child's receiving during the school hours for their diabetes?</p> |
| <p>00:05:33</p> | <p>Crystal Jackson</p> <p>Lower third</p> <p>The ADA offers parents legal advice and packets on school discrimination.</p> | <p>Crystal Jackson</p> <p>At the ADA, our mantra is educate, negotiate, litigate, and legislate. So that's what I recommend that parents do. Uhm... Parents usually uhm... don't need to get past the educate and negotiate stage. Usually, most school districts want to do the right thing and a little bit of education goes a long way.</p> |
| <p>00:05:54</p> | <p>Nicole Baker</p> | <p>Nicole Johnson Baker</p> <p>So that's wonderful advice. Thank you so much Crystal for helping shed some light on this situation of children with diabetes in schools. It's gonna continue to be a big issue and we're gonna continue to need to pay close attention to it.</p> |
| <p>00:06:06</p> | <p>Nicole Baker</p> | <p>Nicole Johnson Baker</p> <p>dLife's own Howard Steinburg has written a wonderful book about being a kid living with diabetes and you can order that. It's called "Jackie's Got Game."</p> |
| <p>00:06:15</p> | <p>Illustration of Jackie's Got Game!</p> <p>Lower third</p> <p>www.dLife.com/jackiebook</p> | <p>Nicole Johnson Baker</p> <p>It's at dLife.com/jackiebook. All the proceeds go to the dLife Foundation which provides support for diabetes camps and other educational initiatives. Up next, our story of the day.</p> |

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| 00:06:37 | <p style="text-align: center;">dLife For Your Diabetes life!</p> <p>Lower third Nicole Johnson Baker</p> | <p>Nicole Johnson Baker</p> <p>Here at dLife.com, we like to bring you the stories of people from all walks of life coping with diabetes. Our story of the day comes from Elaine Davis and her son, Andrew from Knoxville, Tennessee. They are fighting to get a full-time nurse in their school.</p> |
| 00:06:52 | <p>Elaine Davis</p> <p>Combing son's hair</p> <p>Lower third Andrew Davis</p> | <p>Elaine Davis</p> <p>Hello dLife. My name's Elaine and this is my son, Andrew's dLife.</p> |
| 00:06:58 | <p>Elaine Davis reading from paper</p> <p>Scenes of children</p> | <p>Elaine Davis</p> <p>Andrew was diagnosed with Type1 when he was one year old. He's now five. He has a older brother, Cole and a younger sister, Ava.</p> |
| 00:07:08 | <p>Scenes of children</p> | <p>Elaine Davis</p> <p>Andrew's currently in pre-K. Next year, he will be in Kindergarten.</p> |
| 00:07:13 | <p>Children getting on bus</p> <p>Andrew with Elaine</p> | <p>Elaine Davis</p> <p>Ideally, Andrew would attend the same school as his older brother but due to the lack of adequate medical support available, the public school cannot properly care for Andrew's diabetes. I don't feel safe sending him there.</p> |
| 00:07:24 | <p>Driving in car</p> <p>Scenes of Andrew</p> | <p>Elaine Davis</p> <p>The National Association of School Nurses and the American Federation of Teachers are actively lobbying against allowing anyone other than a nurse to care for a student with diabetes. This even includes testing.</p> |
| 00:07:36 | <p>Scenes of Elaine on phone</p> | <p>Elaine Davis</p> <p>This essentially prevents Andrew from attending school. Along with other concerned parents, I'm currently fighting to change the law.</p> |
| 00:07:43 | <p>Elaine on phone</p> | <p>Elaine Davis</p> |

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| | | My name's Elaine Davis and I live in Knoxville, Tennessee and uhm... we are currently working on some legislation before the Tennessee State legislature about diabetes care in the schools. |
| 00:07:53 | Scenes of Andrew on playground | Elaine Davis He has every right to receive a public education. This year, he will have to go to Kindergarten. He will be six years old and by law, he has to be in school somewhere. I don't know where we'll send him. I'm hoping for the best. Thanks, dLife. |
| 00:08:08 | Nicole Baker Lower third www.dLife.com/thewall | Nicole Johnson Baker If you have a story you'd like to share, visit the dLife wall on dLife.com/thewall. |
| 00:08:15 | Nicole Johnson | Nicole Johnson Baker When children get diabetes, it can be overwhelming. Diabetes camps are a great way for kids to learn about how to manage and to meet others dealing with the same challenges. Check this out. |
| 00:08:31 | Lower third The Barton Center for Diabetes Education | People Singing There's a daisy on my toe. There's a daisy on my toe. |
| 00:08:38 | Jack singing | Jack Decoste Sing, sing, sing, sing, sing. |
| 00:08:41 | Scenes of Jack and Anna in building with others Lower third The Barton Center teaches children and their families how to manage the daily rigors of diabetes. | Jack Decoste My name is Jack Decoste. My uh... My daughter is named Anna. She was diagnosed with diabetes two years ago. The program here at Barton this weekend is a family weekend so we learn and uh... and play. |
| 00:08:54 | Lower third Anna Decoste Type 1 Diabetes, Age 7 | Anna Decoste My name is Anna Decoste. Uhm... My age is seven years old and I have Type1 diabetes. |
| 00:09:02 | Anna playing on board | Anna Decoste Diabetes is when your pancreas doesn't make |

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| | | enough insulin and you have to use the pump or you have to get needles and I've almost had it for two years now. |
| 00:09:14 | Anna | Anna Decoste And I was in the hospital for four days and it was pretty scary because no one else in my family has diabetes. |
| 00:09:24 | Scenes of Anna getting blood sample | Jack Decoste Explaining diabetes to her was uh... a interesting challenging because we knew nothing about it ourselves. |
| 00:09:31 | | Jack Decoste Perfect. Nice little spot of blood there. |
| 00:09:34 | | Jack Decoste 243. I'm not able to get you down all day. |
| 00:09:37 | Lower third Jack Decoste Father of Child with Type 1 Anna with blood monitor | Jack Decoste What we said to her was we're doing this so we don't have to take you back to the hospital. We will get up and test her in the middle of the night to uh... just make sure that we don't have any odd levels that are going on. |
| 00:09:47 | Anna with blood monitor | Anna Decoste And then I would add my blood sugar. |
| 00:09:50 | Anna, Jack and others on floor | Jack Decoste She's been high all morning. She had two uhm... hot chocolates that are supposed to be 10 grams. |
| 00:09:56 | | Anna Decoste Dad, can I go to the hall? |
| 00:09:58 | | Jack Decoste Yes, no hot chocolate. |
| 00:09:59 | | Anna Decoste I know that. |

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| 00:10:00 | Scenes of Anna walking, talking | <p>Anna Decoste</p> <p>Eating junk food would be the worst thing 'cause that can make my blood sugar go really high and sometimes, we can't get it down.</p> |
| 00:10:11 | Scenes of children playing | <p>Jack Decoste</p> <p>Anna would forget sometimes that there are other kids out there that have the same situation. So, my reason for coming is for her to get connected with new people. I think it's critical to have a community of people who are together in the same situation.</p> |
| 00:10:25 | Anna speaking | <p>Anna Decoste</p> <p>It's fun meeting other kids with diabetes because some of them still take shots and sometimes when you have a friend, it can help stop the pain.</p> |
| 00:10:42 | Nicole Baker | <p>Nicole Johnson Baker</p> <p>Thanks, Anna and Jack. Up next, a Major League pitcher who knows all about control.</p> |
| 00:10:55 | <p>dLife For Your Diabetes Life</p> <p>Lower third</p> <p>Nicole Johnson Baker</p> | <p>Nicole Johnson Baker</p> <p>Cleveland Indians pitcher Jason Johnson is a pioneer in the world of diabetes. He's the first Major League player to wear an insulin pump on the field. dLife caught up with him at the end of last season, when he was still playing with the Detroit Tigers.</p> |
| 00:11:18 | <p>Baseball scenes</p> <p>Lower third</p> <p>Jason Johnson Pitcher, Type 1 Diabetes</p> | <p>Jason Johnson</p> <p>Well, I was about nine years old and my dad was like "You like baseball, huh son?" I said yeah, I wanna be a baseball player, you know. I said that's what I wanna do. That's who I wanna be.</p> |
| 00:11:26 | <p>Lower third</p> <p>Jason Johnson Pitcher, Type 1 Diabetes</p> | <p>Jason Johnson</p> <p>I'm Jason Johnson. I pitch for the Detroit Tigers. I have juvenile diabetes.</p> |
| 00:11:34 | <p>Baseball scenes</p> <p>Lower third</p> <p>In June 2006, Jason moved to the Boston Red Sox</p> | <p>Announcer</p> <p>Oh, look at that breaking ball.</p> |

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| 00:11:36 | Baseball scenes | <p>Jason Johnson</p> <p>When I first got uh... signed with the Pittsburgh Pirates into professional baseball, I was nervous to tell anybody about it, you know, because I was like I don't want them to look at me differently, like young kids might feel like nowadays. And, you know, I think that that was a pro-- that was a problem. It became a problem because when I did have low sugar, they weren't sure what was going on. They were like uh-oh, what's happening.</p> |
| 00:11:56 | Baseball scenes | <p>Announcer</p> <p>If you are out here at the ballpark, you might notice that it looks like--</p> |
| 00:11:59 | <p>Baseball scenes</p> <p>Jason with insulin pump</p> | <p>Jason Johnson</p> <p>With the insulin pump, it delivers insulin throughout the day. It's in like an infusion set that goes in my stomach or where ever, you know, in the body you find muscle and it kinda works as your own pancreas. Uh... If you wanna eat, you can eat, you just dial in on the pump. You count the carbohydrates, dial in for it. And uh... it's really helped me to keep my blood sugars uh... at a more of an average, even level.</p> |
| 00:12:21 | <p>Baseball scenes</p> <p>Lower third</p> <p>Insulin pumps became widely available in the 1990s.</p> | <p>Jason Johnson</p> <p>Passing it through Major League Baseball and then having them uh... okay it and- and approve it to wear on my belt uhm... has been uh... great for me and for people to realize that I do have diabetes and I am succeeding at Major League Baseball level uh... with the disease.</p> |
| 00:12:40 | Jason with insulin pump | <p>Jason Johnson</p> <p>During a game, I will test every other inning while I'm pitching. Uhm... so, you know, if I'm at seven, seven or eight innings, I'll check maybe four times, you know, four or five times just during while I'm pitching.</p> |
| 00:12:53 | Jason with insulin pump | <p>Jason Johnson</p> |

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| | | I'll check it probably four or five times before I go out there, too. You know, I'm- I'm really-- I'm really careful with it on days I pitch. |
| 00:13:01 | Baseball scenes, men exercising, training | Jason Johnson I try to go out there about 130, 140 uh... blood sugar level because uh... if it's a little-- if it's like 170, 180 before the game starts, that's fine with me too because once I start warming up, it's gonna drop. |
| 00:13:13 | Jason Jason kisses wife | Jason Johnson I'm probably the luckiest man in the world to have a wife like my wife, Stacy. Uhm... She's been absolutely amazing. She- she's supportive of me in everything that I do. |
| 00:13:21 | Jason kisses wife | Stacy Johnson Kick butt. |
| 00:13:22 | Jason kisses wife | Jason Johnson Always do. |
| 00:13:23 | Jason | Jason Johnson When I was in the Minor Leagues, I was pitching on the mound and I'd start to shake, and I knew I was in trouble. I only had one out. I knew I had two more outs to go still, too. |
| 00:13:32 | Baseball scenes of stadium Lower third The 15/15 rule prevents overtreating: 15g carbs per 15 minutes during lows. Lower third Low or high blood glucose can affect mental & physical performance | Jason Johnson So, the catcher knew something was wrong. He ran out to the mound. We started talking a little bit and then uh... we looked over at the dugout. The pitching coach ran out with a Coke underneath his jersey so nobody knew. The whole infield came in, surrounded me. I bent down, he pulled the Coke out, gave it to me. I drank the entire coke on the mound. Nobody knew anything different. The umpire came out. He realized what was going on. They were like okay, you know, that's cool. I drank the whole Coke. He put it back underneath his jersey and went back into the dugout. I walked around the mound for a couple of minutes and the umpire kinda took his time; blood sugar went back up and I was able to go right back out and keep pitching. |

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| 00:14:08 | Baseball scenes | Announcer Swing and a miss. |
| 00:14:11 | Jason People in stadium Autographing ball Lower third Jason is active with the Juvenile Diabetes Research Foundation | Jason Johnson Now young kids with diabetes look up to me as somebody-- as- as a role model, as an example of what they can do in their life uh... with the disease that they have. You know, I think that I use this as a platform now, being a Major League player with diabetes, to be able to help young kids that do have diabetes to maybe uh... achieve whatever they wanted to achieve uhm... even if they had doubts in their mind uh... before they met me. |
| 00:14:37 | Nicole Lower third www.dLife.com/athletes | Nicole Johnson Baker Thanks so much, Jason and keep up the good work. Many elite athletes like Jason excel at their sport while living with diabetes. Visit dLife.com/athletes to find out more. When we return, what one medical center is doing to help children with diabetes get ready for preschool. |
| 00:15:03 | dLife For Your Diabetes Life Lower third Nicole Johnson Baker | Nicole Johnson Baker Young children with diabetes face special challenges when they go off to preschool. Minor changes in their diet and physical activity can lead to wild fluctuations in their blood sugar levels so sending them off to school can be a scary proposition for their parents. |
| 00:15:19 | Scenes of children and families | Nicole Johnson Baker dLife spent time with a support group at Mt. Sinai Medical Center in New York City. Here, families discuss the issues and challenges that accompany having a toddler with diabetes. |
| 00:15:30 | Lower third Helaine Ciporen, CDE Mt. Sinai Medical Center Children and families | Helaine Ciporen, CDE I just would like to go around the room and if each of you could share the very special challenges that you face on a- on a day-to-day basis. |

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| 00:15:40 | Woman | <p>Woman</p> <p>When Justice was first diagnosed, it was blaming myself 'cause I have it and I'm the only one in the family that has Type1. So it was mostly, it's my fault. I did it. I'm killing him. I'm sending him to the grave. It's me, it's me, it's me. He has to live with this. How long will he last with it?</p> |
| 00:16:01 | People in the group | <p>Helaine Ciporen, CDE</p> <p>With proper maintenance, there's no reason to- to have any bad consequences but you still worry about that.</p> |
| 00:16:10 | Man with insulin pump and child eating | <p>Man</p> <p>It was such a traumatic moment forever etched in my mind.</p> |
| 00:16:15 | <p>Woman with Zoe</p> <p>Zoe eating</p> | <p>Woman</p> <p>I explained to Zoe that she's very special. In certain ways different than other kids but in many ways, she is just like every other child. With all the difficulties, she is a happy child, happy girl, (To Zoe: Sorry.) uhm... and you would never know that she has diabetes, right?</p> |
| 00:16:36 | Zoe with mom | <p>Zoe</p> <p>That's it.</p> |
| 00:16:37 | | <p>Woman</p> <p>The end.</p> |
| 00:16:40 | Morenos with their child | <p>Felix Moreno</p> <p>I'm Felix and this is my wife, Cysette Bursset-Moreno, and this is Czarissa Moreno. She was diagnosed at 17 months and she is now two.</p> |
| 00:16:51 | <p>Lower third</p> <p>Cysette Bursset-Moreno Mother of Toddler with Type 1</p> <p>Scenes of various people in the group</p> | <p>Cysette Bursset-Moreno</p> <p>When they first said it, my initial reaction was okay, so what do we do to make it go away like, you know, what's the treatment, what's the next step? And they were like no, you don't understand. This is uhm... something that she's gonna live with for the</p> |

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| | | rest of her life. |
| 00:17:08 | Scenes of family in their home | Cysette Bursset-Moreno The way that Czarissa uh... welcomes us, it's basically letting us know that, you know, she loves us and appreciates everything and it means everything to- to me and to my husband. |
| 00:17:17 | Lower third Felix Moreno Father of Toddler with Type 1 | Felix Moreno When we test her, she uhm... is totally fine with it. |
| 00:17:22 | | Felix Moreno Oh, Mommy's gonna test you. |
| 00:17:23 | Testing Czarissa | Cysette Bursset-Moreno Give me a finger. This one? |
| 00:17:29 | Testing Czarissa | Cysette Bursset-Moreno That was fast. |
| 00:17:29 | Testing Czarissa | Felix Moreno Oh, that was fast. |
| 00:17:30 | Testing Czarissa | Cysette Bursset-Moreno That was fast. OK. That's it. Finished. |
| 00:17:40 | Lower third Czarissa Moreno Type1 Diabetes, Age 2 | Cysette Bursset-Moreno She is 109. What's the number? |
| 00:17:46 | | Felix Moreno One-zero-nine. |
| 00:17:46 | Czarissa playing with Felix | Cysette Bursset-Moreno One-oh-nine. |
| 00:17:50 | Cysette and Czarissa eating | Cysette Bursset-Moreno The very first time, she was kind of like wincey about it but by the time the week was out, she was already like this was a part of her life and that's how, you know, amazing, how resilient like Czarissa was. |

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| | | Uhm... I- I don't think I would've been uhm... as strong. |
| 00:18:05 | | Cysette Bursset-Moreno Finished. |
| 00:18:06 | Felix testing Czarissa | Cysette Bursset-Moreno My husband, Felix is uhm... just a great partner. |
| 00:18:09 | Czarissa and Felix | Cysette Bursset-Moreno The role that he plays every morning is instrumental. I mean, he- he will wake up to test her, to give her the long-lasting insulin and, you know, to make sure that she's all set. Then he'll go back to bed. |
| 00:18:20 | | Felix Moreno What part of the body is that? |
| 00:18:22 | Felix playing with Czarissa | Cysette Bursset-Moreno If a cure does not come in her lifetime, then I hope for her, you know, the- the richest and fullest life. We're gonna be there supporting her as her parents, you know, without a doubt. |
| 00:18:33 | Scenes at support group in hospital | Cysette Bursset-Moreno There's no judgmental uhm... issues going on at that support group, whereas when your child goes to- to school and your child is the only one. With this support group, everyone's child has diabetes. |
| 00:18:46 | Nicole Baker | Nicole Johnson Baker Thanks to the Mt. Sinai Department of Pediatric Endocrinology. Up next, dLife's Jim Turner prepares us for a doctor's visit. |
| 00:19:02 | dLife For Your Diabetes Life! Lower third Nicole Johnson Baker | Nicole Johnson Baker Now, a little advice for your next doctor's visit. dLife's Jim Turner, who has had diabetes for over 30 years, always prepares in advance for his doctor's appointments. He asked his friend, Golden Globe Award winner Sandra Oh, who plays a doctor on Grey's Anatomy, to walk him through his next |

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| | | visit. |
| 00:19:23 | <p style="text-align: center;">A dLife Minute with Jim</p> <p>Sandra Oh taking Jim's temperature.</p> <p>Lower third</p> <p style="text-align: center;">Jim Turner Actor, Art\$\$</p> | <p>Jim Turner</p> <p>Before any doctor visit, I do a lot of things to prepare. I do the footwork so that my few short minutes with my busy doctor actually contributes something to my overall health.</p> |
| 00:19:32 | | <p>Sandra Oh</p> <p>Deep breath.</p> |
| 00:19:34 | <p>Lower third</p> <p style="text-align: center;">Sandra Oh Actress, Grey's Anatomy</p> <p>Sandra examining Jim</p> | <p>Jim Turner</p> <p>A lot of people, before going to see their doctor, do, well, nothing. I can't do that. There's too much going on when you're living with diabetes to not make your doctor sweat a little bit.</p> |
| 00:19:48 | <p>Jim at computer desk rifling through papers</p> | <p>Jim Turner</p> <p>I go through my old files and I look at my old blood tests. I like to know which direction I seem to be heading.</p> |
| 00:19:53 | <p>Jim at computer desk rifling through papers</p> | <p>Jim Turner</p> <p>I pull out any notes that I've left for myself with questions and comments about anything odd that's happened.</p> |
| 00:19:58 | <p>Jim with Post-it note</p> | <p>Jim Turner</p> <p>Foot feels numb. Is it possible it's neuropathy? Isn't there a drug that's supposed to help that?</p> |
| 00:20:02 | <p>Jim with Post-it note</p> | <p>Jim Turner</p> <p>Having a lot of nighttime highs I can't seem to get under control. What can I do to stop them? I write all of this stuff down. It seems obsessive but it's not.</p> |

| TIMECODE | VISUALS | AUDIO |
|----------|------------------------------------|---|
| 00:20:10 | Jim in a car | <p>Jim Turner</p> <p>I go in a week before my appointment so that I can get all my blood and urine tests done so that we can actually talk about my total current state of health.</p> |
| 00:20:17 | Sandra explaining something to Jim | <p>Jim Turner</p> <p>The day I do see the doctor, she has the results of all my blood tests. My meter has been downloaded onto her computer. We talk about trends and what's been happening with me. And, I have my list of prepared questions.</p> |
| 00:20:29 | Jim | <p>Jim Turner</p> <p>We talked about Symlin last time. Is that something that I should be taking? I'm confused about carb counting. Do you know a dietician?</p> |
| 00:20:36 | Sandra trying to answer | <p>Sandra Oh</p> <p>Uh... I- I--</p> |
| 00:20:37 | Jim | <p>Jim Turner</p> <p>How did the visit with my ophthalmologist go? What did he say about my eyes?</p> |
| 00:20:40 | Sandra trying to answer | <p>Sandra oh</p> <p>Oh, your--</p> |
| 00:20:41 | Jim | <p>Jim Turner</p> <p>Should I get a flu shot? Now, I understand that I'm lucky, and I have a doctor who's more informed, more understanding than most doctors. But you need to work at making your doctor work for you and help you come up with those answers.</p> |
| 00:20:55 | Sandra to Jim | <p>Sandra Oh</p> <p>Yes. Great advice. These are all good things to ask your real doctor. And even though I just play a doctor, what I've been trying to tell you, Jim, is you have to leave time for them to answer. And when they do answer, listen to them.</p> |
| 00:21:10 | | <p>Jim Turner</p> |

| TIMECODE | VISUALS | AUDIO |
|----------|--|--|
| | | Anything else? |
| 00:21:11 | | Sandra Oh Yes. Test. Don't guess. |
| 00:21:16 | <p>Lower third</p> <p>Hear more from today's guests on dLife Backstage Podcasts at www.dLife.com</p> <p>dLife TV on CNBC; next Sunday 7 p.m. ET / 4 p.m. PT</p> <p>To order a copy of any dLifeTV episode, visit www.dlife.com/orderdlivetv</p> | <p>Nicole Johnson Baker</p> <p>Thanks, Jim and Sandra. Well, that's all the time we have. We'll be back again next week with another edition of dLifeTV, to inform, inspire, and connect for a healthy diabetes life.</p> |
| | Credits roll by on left of screen | <p>Nicole Johnson Baker</p> <p>Remember, we're not role models. We're people living with diabetes just like you. What we do and how we manage may work for us, but everyone is different, and you have to work with your diabetes caretaker to find out what is best for you. Remember, it's your dLife, and there is no substitute for getting control of it.</p> |