



THE DIABETIC AI

Physician Onboarding Communication Sequence

This document provides the complete set of communications used to introduce The Diabetic AI program to a patient's physician and establish an active, collaborative clinical relationship. Each communication has a specific purpose, timing, and tone. Instructions for the patient on how to use each communication are included.

These templates are written to be used as-is or adapted to the patient's personal voice. Where placeholders appear in brackets, the patient should fill in the appropriate details before sending or printing.

How to Use This Document

There are five communications in this sequence. They are designed to be used in order, each building on the last. You do not need to send all five — the first two are the most important. The full sequence is provided for patients who want to establish the deepest possible collaborative relationship with their physician.

Communication 1: Patient Delivery Letter (printed, handed with the eBook at the first appointment)

Communication 2: Appointment Follow-Up Email (sent the same day or day after the first appointment)

Communication 3: First Report Cover Note (sent with or before the first AI-generated progress report)

Communication 4: Physician Appreciation & Progress Update (sent after first positive lab results)

Communication 5: Ongoing Collaboration Invitation (for physicians who are actively engaged)

Communication 1: Patient Delivery Letter

Purpose: This letter is printed by the patient and handed to their physician along with the Patient-to-Physician Handoff eBook. It is the human bridge between the document and the doctor — it gives the communication a personal voice and makes the ask clear.

Timing: Handed in person at the first appointment after enrolling in the program. If the patient does not have a scheduled appointment, this can be dropped off at the front desk with the eBook.

Format: Printed, signed by hand.

COMMUNICATION 1 — PATIENT DELIVERY LETTER (Printed, Signed by Hand)

TO:	Your physician, handed in person
SUBJECT:	N/A — This is a printed letter, not an email
TIMING:	At or before the first appointment after program enrollment

Dear Dr. [Last Name],

My name is [Your Name], and I am your patient. I am writing to you personally because I have started a program to reverse my type 2 diabetes, and I need your help to do it safely and effectively.

The program is called The Diabetic AI, created by The Diabetic AI, LLC. It is a structured, evidence-based educational program and AI guidance system built around the same interventions that have produced documented T2DM remission in multiple clinical trials — including dietary carbohydrate restriction, structured fasting, resistance training, and sleep optimization.

I am giving you this guide because the program is specifically designed to work with you, not around you. Here is what I want you to know:

- You remain my primary physician. Every medical decision is yours. The program makes this clear and repeats it throughout.
- I will not change any medication without your authorization. The program teaches this explicitly.
- At every appointment, I will bring you a structured progress report showing my glucose logs, weight trends, dietary adherence, exercise data, and any flagged clinical concerns. The report is organized for your clinical use, not mine.
- The program gives you a feedback form with each report. It takes under 5 minutes to complete and allows you to agree, flag, or override any AI recommendation. Your clinical input directly improves the guidance I receive.

I have included a complete guide explaining the program, the evidence behind it, your role, and how the reports work. I am not asking you to endorse or promote anything. I am asking you to understand what I am doing, review the reports I bring, and help me adjust my medications safely as my health improves.

If you have questions or concerns, the program's clinical resources are available at thediabetical.com. I would appreciate a few minutes at my next appointment to discuss this together.

Thank you for taking the time to read this. I am motivated, I am committed, and I want to do this the right way — with you.

With respect and gratitude,

[Your Name]

[Your Date of Birth, if your practice uses it for patient identification]
[Your Contact Phone Number]

Communication 2: Appointment Follow-Up Email

Purpose: Sent after the first appointment to thank the physician for their time, reinforce key points, and begin the habit of structured digital communication. This is the first written record of the collaboration.

Timing: The same day as the first appointment, or the following day at the latest.

Format: Email sent through the patient portal or directly to the practice's email address.

COMMUNICATION 2 — APPOINTMENT FOLLOW-UP EMAIL

TO: Your physician's practice email or patient portal message system

SUBJECT: Following Up: The Diabetic AI Program — [Your Name]

TIMING: Same day or day after the first appointment

Dear Dr. [Last Name],

Thank you for taking the time today to discuss The Diabetic AI program with me. I appreciate your willingness to review the materials and consider how we can collaborate on my T2DM management.

A quick summary of what I hope we can do together going forward:

- I will bring a structured progress report to every appointment. The report will include my fasting glucose log, weight trends, dietary adherence data, exercise log, and a section of AI-generated intervention suggestions for your review.
- I would appreciate your guidance on a baseline lab panel so we have a clear starting point to measure my progress. The program recommends HbA1c, fasting glucose, complete metabolic panel, fasting lipid panel, TSH, uric acid, and urine microalbumin-to-creatinine ratio. Please let me know if you would like to order any or all of these.
- If you have concerns about any aspect of my dietary changes — particularly regarding my current medications — I want to address those now before I make significant changes.

I understand that you may have questions about the AI system or the program's approach. The complete physician clinical guide, including medication protocols and detailed report explanations, is available at thediabeticai.com. I am happy to discuss any of it at our next appointment.

Thank you again. I am looking forward to working with you on this.

Respectfully,
[Your Name]
[Patient Date of Birth]
[Best Contact Number]

Communication 3: First Report Cover Note

Purpose: This brief cover note accompanies the first AI-generated progress report the patient brings to an appointment. It contextualizes the report for the physician and makes it easy for them to know what to look for.

Timing: Sent with the patient's first AI-generated progress report, typically 4 weeks after program enrollment.

Format: Can be a brief email with the report attached, or a printed note stapled to the front of the printed report.

COMMUNICATION 3 — FIRST REPORT COVER NOTE	
TO:	Your physician's practice email or patient portal
SUBJECT:	My First Diabetic AI Progress Report — [Your Name] — [Date Range Covered]
TIMING:	When submitting or bringing the first 4-week progress report

Dear Dr. [Last Name],

Attached is my first progress report from The Diabetic AI program, covering [date range, e.g., January 1 - January 31].

A few things to look for in this report:

- **Glucose Trend Section:** Shows my daily fasting glucose log and the overall direction of change. Any values below 70 mg/dL would be highlighted in red — please let me know if you see any and what you would like me to do.
- **Dietary Adherence:** Shows what percentage of days I followed the low-carbohydrate protocol. Honest logging is important to me, so this reflects the real picture.
- **AI Intervention Suggestions:** These are the AI's evidence-based behavioral recommendations for this period. I have not acted on any medication-related suggestions without your guidance. Please review and let me know what you agree or disagree with.
- **Physician Feedback Link:** At the bottom of the report there is a secure link where you can provide feedback on the AI recommendations directly. It takes under 5 minutes and is only active for 30 days from the report date. Your input helps the AI give me better guidance going forward.

If anything in this report concerns you clinically, please don't hesitate to reach out. I am monitoring my glucose daily and would contact your office immediately if I saw anything alarming.

I hope this makes our next appointment more productive. I am looking forward to reviewing the data together.

Thank you,
[Your Name]
[Patient Date of Birth]
[Best Contact Number]

Communication 4: First Positive Lab Results Update

Purpose: When the patient's first follow-up labs show meaningful improvement, this communication reinforces the physician's involvement, shares the good news, and deepens the collaborative relationship. Physicians who see results become invested.

Timing: Within 1-2 days of receiving lab results showing measurable improvement in HbA1c, fasting glucose, triglycerides, weight, or other markers.

Format: Email through patient portal or practice email.

COMMUNICATION 4 — FIRST POSITIVE LAB RESULTS UPDATE	
TO:	Your physician's practice email or patient portal
SUBJECT:	Progress Update — [Your Name] — Lab Results from [Date]
TIMING:	Within 1-2 days of receiving positive follow-up lab results
Dear Dr. [Last Name], I wanted to share my most recent lab results with you directly, because the progress feels significant and I want you to be part of it. [Insert your specific results here. For example:] <i>My HbA1c has dropped from [baseline value] to [new value] — a reduction of [X] points in [X] weeks.</i> <i>My fasting glucose has been averaging [X] mg/dL over the past [X] weeks, down from [baseline average].</i> <i>My triglycerides have fallen from [X] to [X] — a [X]% reduction.</i> <i>I have lost [X] lbs / kg since starting the program.</i> I understand that this improvement may affect my current medication doses. I want to discuss this with you at our next appointment — particularly regarding [name specific medication if relevant, e.g., my gliclazide dose / my basal insulin dose]. I would rather address this proactively with you than wait and risk any hypoglycemia issues. I will bring my most recent progress report to our next appointment. Thank you for supporting this process. I could not be doing this safely without your clinical oversight. Gratefully, [Your Name] [Patient Date of Birth] [Best Contact Number]	

Communication 5: Ongoing Collaboration Invitation

Purpose: For physicians who have been actively reviewing reports and providing feedback, this communication formally invites deeper engagement — including the possibility of the physician becoming a

program-referred clinician or a clinical collaborator. This is an optional, advanced step for patients whose physicians are genuinely interested in the program.

Timing: After 3+ months of consistent collaboration and positive outcomes. Only send this if the physician has been actively reviewing reports and providing feedback.

Format: Printed letter, delivered at an appointment. This one should not be sent as a casual email — it deserves a physical, personal delivery.

COMMUNICATION 5 — ONGOING COLLABORATION INVITATION (Printed, Delivered in Person)

TO:	Your physician, delivered at an appointment
SUBJECT:	N/A — Printed letter, delivered in person
TIMING:	After 3+ months of active collaboration and measurable patient progress

Dear Dr. [Last Name],

I want to take a moment to thank you — genuinely — for the role you have played in my progress over the past [X] months. The clinical oversight you have provided, the medication adjustments you made when my glucose improved, and the attention you have given to my reports have been an essential part of why this has worked.

I am writing to let you know that the program behind my care — The Diabetic AI, created by The Diabetic AI, LLC — is interested in building deeper relationships with physicians who are applying these principles with their patients. You have been doing exactly that, and I thought you should know that what you are doing has a name, a growing evidence base, and a community of clinicians behind it.

If you are interested in:

- Learning more about the physician-facing clinical resources The Diabetic AI, LLC has developed, including the Physician's Guide to Therapeutic Carbohydrate Restriction and the Clinical Implementation Protocol;
- Exploring whether other patients in your practice might benefit from a similar program;
- Connecting with other clinicians who are applying evidence-based T2DM reversal strategies in their practices;

...I would encourage you to visit thediabeticai.com or contact the program directly through the website. The Diabetic AI, LLC is a small, independent organization — the kind that responds to physician inquiries personally and quickly.

Thank you for being the kind of physician who was willing to engage with something new, review the evidence, and put your patient's outcome ahead of the comfort of the familiar. It has made a difference in my life.

With deep appreciation,
[Your Name]
[Patient Date of Birth]

[Best Contact Number]

Quick Reference: Patient Instructions

This summary page can be kept by the patient as a quick reference for when to send each communication.

#	Communication	When to Send
1	Patient Delivery Letter	Print and hand to doctor with eBook at first appointment
2	Follow-Up Email	Send same day or day after the first appointment
3	First Report Cover Note	Send with or before first 4-week progress report
4	Positive Lab Results Update	Send within 1-2 days of first good lab results
5	Collaboration Invitation	Deliver in person after 3+ months of active collaboration

Tips for Success

- Always bring the printed report to the appointment — do not rely on pulling it up on your phone.
- If your physician seems skeptical, do not argue the science. Simply say: "I would love for you to read the guide at your convenience. I want to do this safely."
- If your physician says they are unfamiliar with low-carbohydrate approaches for T2DM, direct them to the Physician's Guide to Therapeutic Carbohydrate Restriction available at thediabetica.com.
- The physician feedback link in each report is time-limited (30 days). If your doctor wants to provide feedback, encourage them to do it before the link expires.
- If your physician is not supportive, consider requesting a referral to a functional medicine or integrative medicine physician who may be more familiar with lifestyle-based T2DM reversal.

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