

Quick Tips for Living Healthier with Diabetes

- 1.** Follow the healthy eating plan that you and your doctor, dietitian, or certified diabetes care and education specialist have agreed on.
- 2.** Be physically active for 30 minutes most days of the week. Don't forget to include activities that strengthen your muscles. Ask your doctor what activities are best for you.
- 3.** Take your diabetes medicines at the same times each day.
- 4.** Check your blood glucose every day, or more often if recommended by your doctor. Write the number in your record book.
- 5.** Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.
- 6.** Brush and floss your teeth and gums every day.
- 7.** Don't smoke.
- 8.** Get support and learn new skills. Ask your doctor for a referral to a Diabetes Self-Management Education and Support program.
- 9.** Don't skip out on important check-ups and tests. This includes testing of blood A1C, blood pressure, cholesterol, kidney function, eyes, feet health, and any other tests recommended by your doctor.
- 10.** Take care of your mental health. Spend time every week doing things you enjoy, and ask for help if you frequently feel down.

