

## 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.



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