

# Keep Your Diabetes Under Control ...and Live Your Life!

## Follow these 5 simple tips:

- **Keep up with regular checkups. Ask your health care professional about kidney, eye, foot and cardiovascular evaluations.**
- **Make sure your blood glucose monitoring strategy works.**
- **Perk up your diet and keep it balanced with a variety of tasty, healthy foods. Ask your health care team for guidance.**
- **Aim for 30 minutes of physical activity each day.**
- **If you need to take insulin, work with your health care professional to find the one that's right for you. Take it exactly as directed.**



# Living With Diabetes... *Did You Know?*

- Your meter reading can be inaccurate if the drop of blood you're testing is too small or if the meter is dirty or not kept at room temperature.
- Your meter-reading skills can get rusty. Ask your health care team to review your skills with you once a year.
- Different types of insulin act at different speeds and vary in duration.
- Using recipes for people with diabetes can keep meals varied and interesting.
- Exercise can impact your blood glucose level. Ask your health care professional if you should monitor before, during or after exercise.

## DIABETES RESOURCES

AMERICAN DIABETES ASSOCIATION  
[www.diabetes.org](http://www.diabetes.org)

HEALTHYWOMEN  
[www.HealthyWomen.org](http://www.HealthyWomen.org)

HEALTH ADVOCATE  
[www.HealthAdvocate.com](http://www.HealthAdvocate.com)