



6 Tips for Keeping Diabetes in Check

Diabetes is a lifelong condition that needs to be managed to stay healthy. If you have diabetes, there are a number of things you can do to help control the condition and live a healthier life.

- 1. Learn all you can about your diabetes.** Ask questions, find support, and know what you need to do to prevent or delay problems.
- 2. Choose foods wisely.** Opt for more fresh vegetables, better fats (mono- and polyunsaturated) and low-salt options, and know when to eat.
- 3. Get moving.** Try to exercise for 30 to 60 minutes most days. Go for a brisk walk, try a new exercise class, or join a fitness challenge group.
- 4. Keep tabs on your blood sugar level.** Your health care provider will advise you on how and when to check your blood glucose. Be sure to tell your health care team if it is too high or too low. Know your HbA1c level.
- 5. Take your medications the right way.** Always take any medicine exactly as directed, and never make changes without consulting your care team first. Be sure to report side effects or other concerns you may have.
- 6. Talk about other health issues.** Diabetes and heart disease often co-occur. Tell your health care provider about any risk factors you have for cardiovascular disease.