

10 Ways

to Stay **Healthy**



If you have been diagnosed with diabetes it is important to work closely with your provider to manage your blood sugars, lower your A1c, and lose and/or maintain a healthy weight.

- 1** Check your blood sugars as directed by you provider.
- 2** Know the signs of low and high blood sugar and what to do.
- 3** Use your diabetes medication as directed by your provider.
- 4** Get moving! Something is better than nothing.
- 5** Check your feet daily for cuts and calluses. Always wear shoes and socks whether inside or outside.
- 6** Keep your follow-up appointments with your provider and have your feet checked at each appointment.
- 7** Plan/eat healthy meals and have strategies for holiday get togethers.
- 8** Recognize signs of stress and depression and reach out for professional help if needed.
- 9** Have a yearly diabetic eye exam.
- 10** See your dentist twice a year whether you have your own teeth OR dentures.

