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# MANAGING YOUR TYPE 2 DIABETES

## DIET

**Talk to your healthcare team about lowering your carbohydrate intake to lower your blood sugar.** *Make sure to include high-quality protein sources and snacks!*



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## IDENTIFY YOUR GOALS

**What is your goal weight and hemoglobin A1C?** *A general recommendation is to maintain an A1C of less than 7%.*



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## ATTEND APPOINTMENTS

**If you miss an appointment, call your care team to reschedule, as regular follow-up is important.** *Talk to your provider regularly about your health.*



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## BLOOD GLUCOSE MONITORING

**Use a glucometer or continuous glucose monitor (CGM) as recommended by your care team.** *Monitoring your blood sugar will help you manage your diabetes!*



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## EXERCISE DAILY

**Work your way up to at least 30 minutes of daily exercise.** *This could be walking, playing a sport, or even doing household chores.*



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## TAKE MEDICATIONS AS PRESCRIBED

**Many different medications can be used to help manage your diabetes.** *Work with your care team to determine which medications are best for you and how to minimize side effects.*



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## ENGAGE IN YOUR CARE

**Consider joining a diabetes support group or seeing a dietician.** *This will provide you with additional support to help you succeed!*



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## STAY HYDRATED

**Drink plenty of water daily.** *Limit your consumption of high sugar, high caffeine, and alcoholic beverages.*