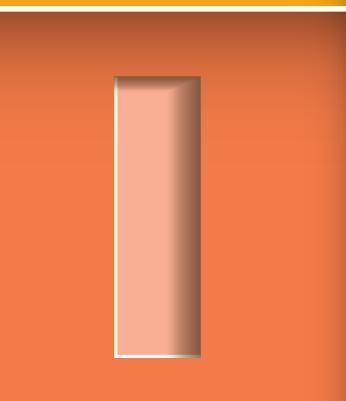


MANAGING YOUR TYPE 2 DIABETES

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!



IDENTIFY YOUR GOALS

What is your goal weight and hemoglobin A1C?

A general recommendation is to maintain an A1C of less than 7%.



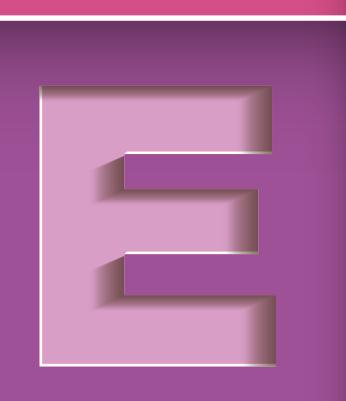
ATTEND APPOINTMENTS

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.



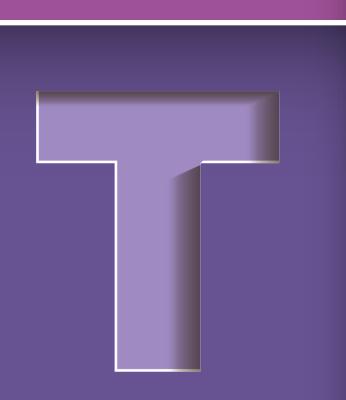
BLOOD GLUCOSE MONITORING

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



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.



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.



ENGAGE IN YOUR CARE

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



STAY HYDRATED

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