

“Do something today that your future self will thank you for.”

YOUR role in your

DIABETES MANAGEMENT



Routine A1C testing
(as ordered)

Goal is less than 7%



**Lowering your
carbohydrate intake**



Move your body

**Take medication as
prescribed**



**Stay up to date on
your eye exams,
routine foot and
dental care**



Talk to your care team for more details!