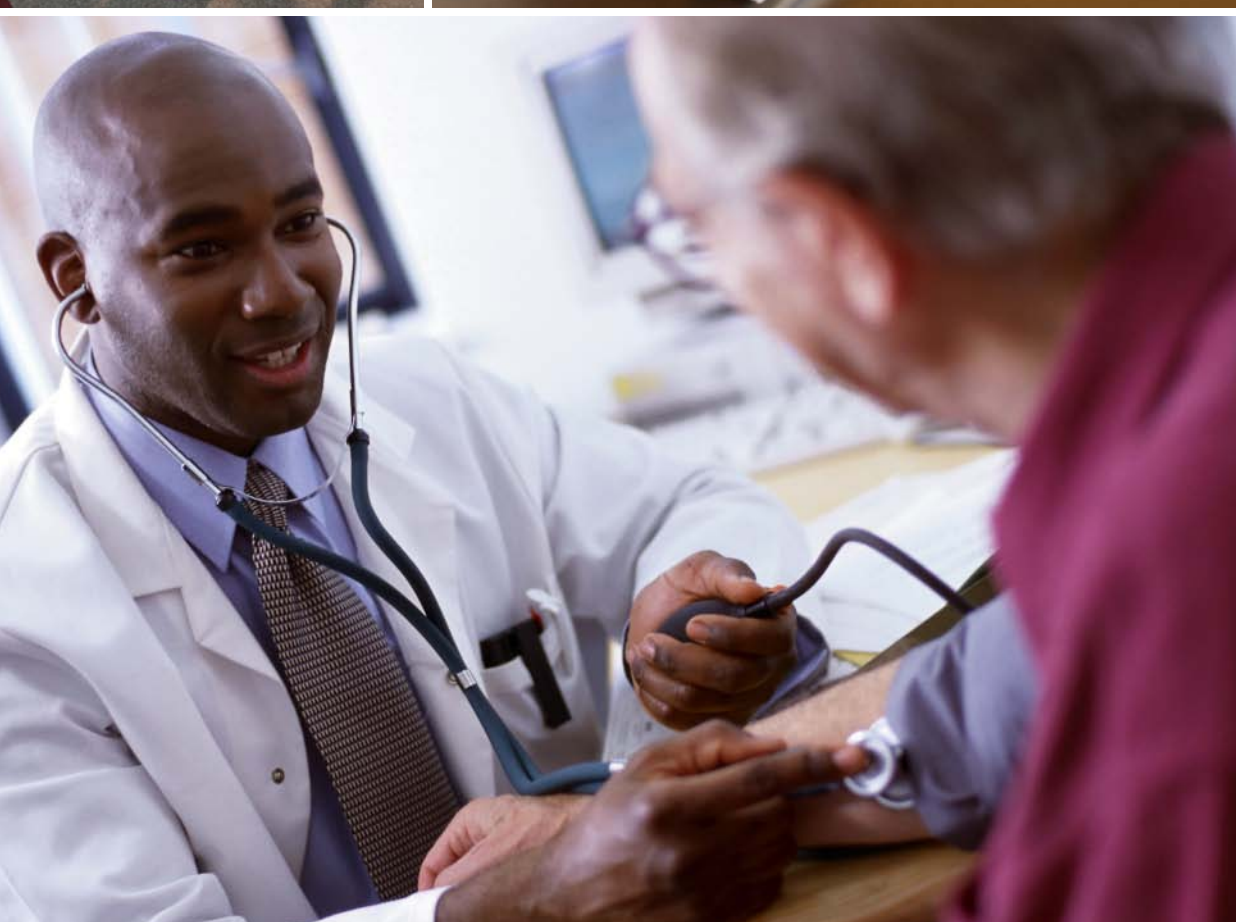


Manage your diabetes **for a healthy life**



✓ **Exercise**

Get moving! Work up to at least **30 minutes a day**, most days of the week. Talk with your doctor before starting any exercise plan.

✓ **Choose Healthy Food**

Follow the meal plan that you and your doctor or nutritionist have talked about to keep your blood sugar in control.

✓ **Take Your Medicine**

Make sure you know what your medicines are and how to take them.

✓ **Check Your Blood Sugar**

Talk to your doctor about how often and when to test.

✓ **Don't Smoke**

If you smoke, **quit**. Call the **NYS Smokers' Quitline (1-866-697-8487)** for help.

✓ **A1C**

Have this blood test done **2 to 4 times a year** to keep track of your average blood sugar. Less than 7 is the goal.

✓ **Blood Pressure**

Have this checked **at each visit**. Less than 130/80 is the goal.

✓ **Cholesterol**

Have this checked **once a year**. LDL (bad cholesterol) of less than 100 is the goal.

✓ **Eye Exam**

See an eye doctor for a dilated eye exam **every year**.

✓ **Foot Exam**

Take off your shoes and socks **at every doctor's visit**. Learn how to check your feet and check them daily.

✓ **Kidney Test**

Have one **every year**.

✓ **Flu Shot**

Have one **every year**. Ask your doctor if you also need a pneumonia shot.

✓ **See a Dentist**

Have your teeth and gums checked **every 6 months**.

✓ **Having trouble managing your diabetes?**

Ask your health care team for help. Talk about any feelings, problems or questions you may have.

For more information talk to your doctor or visit:

American Diabetes Association: www.diabetes.org ■ New York State Department of Health: www.nyhealth.gov ■ New York Diabetes Coalition: www.nydc.org