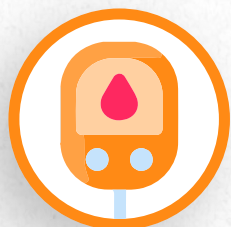




Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It can lead to health problems related to your eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals can help you get the diabetes care you need to improve your health. But while it takes a team to manage diabetes, remember that **you are the most important participant in your diabetes care.**

Here are some tips to help you manage diabetes and build your diabetes health care team.



MANAGE YOUR A1C, BLOOD PRESSURE, & CHOLESTEROL LEVELS

Ask your health care team what your goals should be and how you can reach them.



PREPARE FOR VISITS WITH YOUR TEAM

Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.



SEEK ADDITIONAL SUPPORT FOR YOUR SPECIFIC NEEDS

A team of health care professionals—such as an eye doctor or pharmacist—can help tailor your diabetes self-care routine.



MAKE PHYSICAL ACTIVITY PART OF YOUR ROUTINE

Set a fitness goal and encourage your family members to exercise with you.



FOLLOW A DIABETES MEAL PLAN

Choose fruits and vegetables, whole grains, lean meats, beans, nuts or seeds, and non-fat or low-fat milk and cheese.



STAY ON TOP OF YOUR VACCINATIONS

Ask your health care team about the vaccines you should get to reduce your risk of getting sick.

FOR MORE INFORMATION ON MANAGING DIABETES, VISIT [NIDDK.NIH.GOV](https://niddk.nih.gov).