

Steps to Stay Healthy

Bring your glucometer or blood sugar log when you visit your health care provider.

It's important to keep your appointments when your provider makes a referral for you.

Step 1: Learn About Diabetes

Diabetes means your blood sugar is too high. It can damage your heart, blood vessels, eyes, kidneys, and nerves. But you can learn to manage it for a long life!

Step 2: Know Your Numbers

In general,

- Your A1C should be 7 or less
- Your LDL (bad cholesterol) should be below 100
- Your blood pressure should be less than 130/80

Step 3: Manage Your Diabetes

- Learn how to track your blood sugar
- Eat mostly healthy foods, like lots of vegetables, fruits, whole grains, beans, and fish or chicken (not fried)
- Work up to being active at least 30 minutes, 5 days/week
- Quit smoking

Step 4: Visit Your Health Provider Regularly

They'll let you know how often they need to see you. It's important that you keep all of your appointments with your regular doctor, and with any referred doctors.