Living well with diabetes

Type 2 diabetes puts you at risk for serious complications such as heart disease and vision loss. But if you proactively manage your condition, you'll be on a path to better health and a longer life. Follow these simple steps so you can start to feel better – and even head off problems down the road.

Commit to better health

By taking care of your condition and getting regular checkups, you can stay in tune with your body and identify problems before they become major issues.

Mind your medicines

If your doctor prescribes medicines for diabetes, blood pressure or cholesterol, be sure to take them as directed.

Be active

Regular exercise can help you manage your weight and keep blood sugar in a healthy range.*

It also has added benefits of relieving stress, enhancing focus and improving circulation.



Get educated

Ask your doctor for advice and guidance on how to manage your blood glucose level, blood pressure and cholesterol. You might be able to meet with a diabetes educator or take classes to learn more.**



Eat healthy

Have a healthy and balanced meal plan. Eating breakfast, managing your calories and speaking with your doctor or a nutritionist can help you to create a plan that's right for you.



Quit smoking

Prepare to quit, if you smoke. Smoking raises your cholesterol and your blood pressure, putting you at a greater risk for a heart attack or stroke. Ask your doctor for help.

*Talk with your doctor before significantly increasing your activity level.

**Always check your benefit plan documents for complete benefit information and any exclusions that may apply.

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Love yourself from head to toe

Diabetes affects your whole body. Here are some ways to help protect it:



Eyes

Yearly dilated eye exams help protect your sight.

Mouth

Yearly dental visits – plus daily brushing and flossing – help keep mouth problems in check.

Kidneys

Your doctor may order blood and urine tests every year to check for kidney problems.

Blood

Monitor your daily blood sugar levels at home. And ask how often you need A1C, blood pressure and cholesterol tests – and what your goals should be.

Feet

Check them daily for sores or cuts. Report any problems you spot and have your doctor examine your feet at every visit.

1 in 3 U.S. adults has prediabetes – but many don't know it.

If you're one of them, that means you're at risk for type 2 diabetes.

But losing weight – by eating healthy and being more active – may cut that risk in half.

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