



You are more than your Diabetes!

Decide what course of action is best for you.

Determine the amount of support you will need for success.

Decrease stress and be mindful of emotional and behavioral challenges.

Dedicate time to increasing physical activity.

Develop a routine to track medication and manage your health.

Discover a diabetes self-care or prevention program in your area.

Discuss barriers with your provider during telehealth visits.

Drink plenty of fluids and nourish your body with non-perishable proteins.

Drop numbers from your glycemic index to reduce complication of COVID-19.

Don't neglect care for your feet, teeth, heart, and eyes.



For more information, visit
<https://www.dph.illinois.gov/topics-services/diseases-and-conditions/diabetes>
and click "Illinois Diabetes Prevention and Control Program"