IF YOU HAVE Diabetes...

KEEP
DIABETES IN CONTROL

Don’t forget to ask about your levels of:

Blood Pressure

A 1c

Cholesterol

At least once at year...

- EYE Exam
- FOOT Exam
- Kidney Exam
- Dental and Mental Health Exam
- FLU vaccine. Ask about PNEUMONIA vaccine.

Every day at home:

- Healthy eating
- 30 minutes of physical activity.
- Take your medications as prescribed
- Check your glucose levels
- Avoid alcohol and tobacco use.
- Find healthy activities to manage stress

Ask about:

Diabetes Control Classes and Support Groups

For more information please call us “MY HEALTH COMES FIRST” (773) 843-2405