

IF YOU HAVE Diabetes...

KEEP

DIABETES IN CONTROL

Don't forget to ask about your levels of:

Blood
Pressure

A1c

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

My HEALTH COMES FIRST!
DIABETES PROGRAM



Alivio Medical Center
An Active Presence for a Strong Community