

Reducing Diabetes Risks

To lower risks, we can work to prevent prediabetes and diabetes health problems. You can do this by working on self care habits and keeping up with your care team. Making small changes over time helps make healthy habits work for your lifestyle. The choices you make every day impact you tomorrow. Make an action plan to help reach your future goals!

Which actions are you ready to take now?

Make a plan to move more	Stop smoking and vaping	Brush and floss teeth 2 times a day	Take medicines the way they are ordered	Get a flu shot
Make and follow a healthy eating plan	Get at least 7 hours of sleep each night	Check your feet at home daily for sores, redness, open wounds	Get vaccinated for: Pneumonia Hepatitis B Other _____	Tell your provider if you are feeling overwhelmed or sad

Other: _____

Things I need to follow up on:

- See Medical Provider
- Meet with Nutritionist
- Meet with Diabetes Educator
- See Eye Doctor for Diabetes Eye Exam
- See Podiatrist for Foot Exam
- See Dentist



My next appointment or class is on: _____