Are you one of the 29 million Americans with diabetes?

To be your healthiest and feel your best:

- Eat more **fruits and vegetables, less sugar and salt**.
- Get **physically active**—aim for at least 150 min/week.
- Take **diabetes medicine** as prescribed.
- Make and keep appointments with your health care team.
- Check **blood sugar** regularly.

Know your ABCs:
- Regular **A1C** test
- Blood pressure below 140/90 mm Hg
- Control **cholesterol**
- Stop/don’t start **smoking**

**DID YOU KNOW**... making healthy lifestyle changes can greatly reduce your risk of diabetes-related health problems. **It really works**!