Living with **Type 2 Diabetes**

- **Don't blame yourself.** Instead, look at this as an opportunity to actively protect and improve your health.
- **Find a doctor you trust.** Living well with diabetes is always easier when someone you like and respect is cheering you on.
- **Know your numbers.** Focus on your ABCs—A1C, blood pressure, and cholesterol.
- **Learn about food and how to eat healthfully.** It's not about limitations, it's about how different foods affect your blood glucose and overall health.
- **Make the effort to take care of you.** Taking the steps to keep your numbers in range, eat healthfully, and move more will improve your quality of life.

PacificSource HEALTHY LIFE

Learn more at PacificSource.com/type2diabetes.

Fold on dotted lines and tape ends together.

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