



TAKING GOOD CARE OF YOURSELF

A Personal Pledge to Help You Live Well With Type 2 Diabetes

YOUR HEALTHY PLEDGE

A personal guide to help you live well with type 2 diabetes

You play an important role when it comes to living healthily with type 2 diabetes. By monitoring your blood sugar, eating right, staying active, and taking medication if necessary, you can be a good personal manager of type 2 diabetes.¹⁻³

Imagine you are your own personal trainer when it comes to living well. Use this guide to help stay focused and motivated on your health as you work with your healthcare team!

My current numbers	My target numbers*
A1C: _____	A1C: <7%
Blood pressure: _____	Blood pressure: <140/90 mm Hg*
Cholesterol LDL: _____ HDL: _____ Triglycerides: _____	LDL: Goals are contingent upon cardiovascular risk factors. Discuss your cardiovascular risk factors and management with your healthcare provider. HDL: >40 mg/dL for men; >50 mg/dL for women Triglycerides: <150 mg/dL

*Target numbers are provided as recommendations of the American Diabetes Association. Remember to work with your healthcare team to determine your personal treatment goals.

Remember, if your blood sugar is high, talk to your doctor or other members of your diabetes care team about whether you need to change your meal plan or physical activity level.⁸ Your doctor may also recommend taking medication for your type 2 diabetes or changing your current medication.⁹

If your blood sugar is too low, you should take immediate steps to avoid hypoglycemia (abnormally low blood sugar). Eat 15-20 grams of glucose (sugar) or simple carbohydrates (for example, 2 tablespoons of raisins or 1 tablespoon of honey) and check your blood sugar again after 15 minutes. If your blood sugar is still low, repeat this step. Once your blood sugar returns to normal, eat a small snack if your next planned meal or snack is more than an hour or two away.¹⁰

I PLEDGE

to know my ABC numbers⁴⁻⁷

- A** = A1C test (average blood sugar over the past 2-3 months)
B = Blood pressure
C = Cholesterol

I PLEDGE

to check my blood sugar throughout the day^{8,9}

- ☐ When I wake up.
- ☐ Before a meal.
- ☐ 2 hours after I eat.

YOUR PLEDGE TO EAT RIGHT

I PLEDGE

to do my best to eat right

Eating well-balanced meals in the correct amounts can help you stay healthy.²



Daily healthy eating guide¹

Today I pledge to:

- ☐ Eat plenty of vegetables and fruits.
- ☐ Choose whole-grain foods over processed-grain products.
- ☐ Choose leaner meats such as chicken and turkey, and choose leaner cuts of beef and pork such as sirloin.
- ☐ Choose lower fat dairy products such as low fat or skim milk and yogurt.
- ☐ Drink water and calorie-free noncarbonated beverages instead of soda.
- ☐ Avoid high-calorie snacks like chips, cookies, cakes, and regular ice cream.
- ☐ Watch my portion size.
- ☐ Plan my meals.

Write down any follow-up questions you have about eating right to share with your healthcare team below.

YOUR PLEDGE TO STAY ACTIVE

I PLEDGE

to do my best to stay active

Staying active and exercising daily can help you stay healthy.³

Daily activity guide¹²

Today at work I pledge to:

- ☐ Take the stairs instead of the elevator.
- ☐ Get up once an hour and take a quick walk around the office.
- ☐ Stand up and stretch at my desk.
- ☐ Try to walk as much as possible.
- ☐ Do a few chair exercises at my desk.

Today at home I pledge to:

- ☐ Walk the dog.
- ☐ Do household chores (vacuuming, dusting, washing dishes, etc).
- ☐ Play with my child (catch, Frisbee®, etc).
- ☐ Walk around the house while on the phone.

Today while out and about I pledge to:

- ☐ Park at the far end of the shopping center lot and walk to the store.
- ☐ Walk down every aisle at the grocery store.
- ☐ Try to walk as much as possible.



Write down any follow-up questions you have about staying active to share with your healthcare team below.

I PLEDGE TO TAKE CARE OF MYSELF FROM HEAD TO TOE

I PLEDGE today to:

<input type="radio"/> Let my healthcare team know if I notice any changes in my vision.	Caring for your eyes: Let your doctor know right away if you notice any changes in your vision. Remember to also make sure you see your eye doctor at least once a year whether you notice any changes or not. ¹³
<input type="radio"/> Brush my teeth at least twice a day and floss at least once.	Caring for your mouth: If you have any concerns about proper brushing or flossing, ask your dentist or hygienist to show you the correct way at your next visit. If you have trouble moving your fingers or have bridgework in your mouth, your dentist can let you know about tools such as a floss holder that may help. ¹⁴
<input type="radio"/> Make sure the water isn't too hot when I wash. <input type="radio"/> Use talcum powder after I wash and moisturize my skin to prevent chapping.	Caring for your skin: Hot water is not good for dry skin. Remember not to use moisturizer between your toes. Extra moisture there can encourage fungus to grow. ¹⁵
<input type="radio"/> Check my feet every day for red spots, cuts, swelling, or blisters. <input type="radio"/> Wear comfortable shoes and make sure to put my feet up when I can.	Caring for your feet: If you do notice an injury to your feet, it's important that you care for it early. Let your doctor know and remember to have your doctor check your feet at least once a year. ¹⁶
<input type="radio"/> Find time to enjoy one of my hobbies. <input type="radio"/> Spend some time relaxing. <input type="radio"/> Focus on the positive things in my life. <input type="radio"/> Spend time with my family.	Managing stress: Remember, stress can have an effect on your blood sugar level. Let your doctor know if you have trouble managing the stress in your life. He or she might be able to offer new ways of coping with stress or offer ways of changing your behavior. ¹⁷
<input type="radio"/> Take any medication my doctor may prescribe for my diabetes.	Taking medication: If your doctor has prescribed medication in addition to eating right and staying active, remember to take it exactly as instructed. Write down any questions you have to share at your next visit.

If you have any questions about this checklist, please ask your doctor for more information. Remember, while you play an important role in staying healthy while living with type 2 diabetes, your doctor (and healthcare team) are there to help you reach your wellness goals!

PATIENT RESPONSIBILITY GUIDE

References: **1.** American Diabetes Association. Living with diabetes: blood glucose control. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/>. Accessed June 24, 2016. **2.** American Diabetes Association. Living with diabetes: food. <http://www.diabetes.org/food-and-fitness/food/>. Accessed June 24, 2016. **3.** American Diabetes Association. Living with diabetes: fitness. <http://www.diabetes.org/food-and-fitness/fitness/>. Accessed June 24, 2016. **4.** American Diabetes Association. Standards of medical care in diabetes – 2016. *Diabetes Care*. 2016;39(suppl 1):S1-S112. **5.** American Diabetes Association. Living with diabetes: A1C and eAG. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/a1c/>. Accessed June 24, 2016. **6.** American Diabetes Association. Are you at risk: high blood pressure. <http://www.diabetes.org/are-you-at-risk/lower-your-risk/bloodpressure.html>. Accessed June 24, 2016. **7.** American Diabetes Association. Are you at risk: all about cholesterol. <http://www.diabetes.org/are-you-at-risk/lower-your-risk/cholesterol.html>. Accessed June 24, 2016. **8.** American Diabetes Association. Living with diabetes: checking your blood glucose. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/checking-your-blood-glucose.html>. Accessed June 24, 2016. **9.** American Diabetes Association. Living with diabetes: hyperglycemia (high blood glucose). <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hyperglycemia.html>. Accessed June 24, 2016. **10.** American Diabetes Association. Living with diabetes: hypoglycemia (low blood glucose). <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html>. Accessed June 24, 2016. **11.** American Diabetes Association. Are you at risk: healthy eating. <http://www.diabetes.org/are-you-at-risk/lower-your-risk/healthy-eating.html>. Accessed June 24, 2016. **12.** American Diabetes Association. Food and fitness: be more active throughout the day. <http://www.diabetes.org/food-and-fitness/fitness/types-of-activity/be-more-active-throughout-the-day.html>. Accessed June 24, 2016. **13.** American Diabetes Association. Living with diabetes: eye care. <http://www.diabetes.org/living-with-diabetes/complications/eye-complications/eye-care.html>. Accessed June 24, 2016. **14.** American Diabetes Association. Living with diabetes: brush and floss. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/oral-health-and-hygiene/brush-and-floss.html>. Accessed June 24, 2016. **15.** American Diabetes Association. Living with diabetes: skin care. <http://www.diabetes.org/living-with-diabetes/complications/skin-care.html>. Accessed June 24, 2016. **16.** American Diabetes Association. Living with diabetes: foot care. <http://www.diabetes.org/living-with-diabetes/complications/foot-complications/foot-care.html>. Accessed June 24, 2016. **17.** American Diabetes Association. Living with diabetes: managing stress and diabetes. <http://www.diabetes.org/living-with-diabetes/parents-and-kids/everyday-life/managing-stress-and-diabetes.html>. Accessed June 24, 2016.