Team up to manage your type 2 diabetes.

You can make healthy food choices, take your meds and stay active. But don’t forget to get support from your team members who are eager to help you be successful.

Talk with your doctor, a diabetes educator and a dietitian.
They can give you tips for making healthy choices.

Talk with someone you trust or a mental health professional if you are having a hard time managing your health or feel overwhelmed.

Talk to friends and family about your health goals.
Ask for their support.

Talk with others experiencing type 2 diabetes by joining our online support communities.
Visit supportnetwork.heart.org or community.diabetes.org.

If you have diabetes, there is a lot you can do. Talk to your doctor about your next steps.

You’re not in this alone. Find answers to your questions and join the initiative at: KnowDiabetesbyHeart.org/join

© 2019 American Heart Association, Inc. and American Diabetes Association, 501(c)(3) not-for-profits. All rights reserved. Know Diabetes by Heart is a trademark of the AHA and ADA. Unauthorized use prohibited. Citations available upon request.