



# 3 THINGS YOU CAN DO *TODAY* TO BE HEALTHY WITH DIABETES

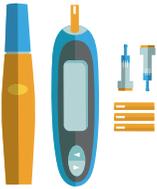
**It's not your fault that you have diabetes...it just happened. But what happens next is yours to control. In fact, here are three things you can do RIGHT NOW to start getting healthier:**



## 1. TAKE YOUR MEDICINE

The number one thing you can do to be healthier is to take all the medications your doctor has prescribed. Every day. Without fail. Of course, it's sometimes hard to remember what you're supposed to be taking and when, so we made this handy medicine checklist to help you:

> [www.diabeteswhattoknow.com/wp-content/uploads/2014/08/DWTK-Med-Checklist.pdf](http://www.diabeteswhattoknow.com/wp-content/uploads/2014/08/DWTK-Med-Checklist.pdf)



## 2. GET YOUR TESTING SUPPLIES TOGETHER

Here's the good news: Diabetes is a disease that YOU can control... and the best tool you have to do that is your blood glucose meter. It gives you all the information you need to stay in control and be healthy.

Get your *meter, test strips, lancets, and lancing device* together in one place right now. You probably got a prescription for a meter and the other supplies from your doctor, or maybe samples. If not, call your doctor today. Then go to the Videos section of DiabetesWhatToKnow.com and watch the "How Do I Test My Blood Sugar?" video to learn how to use them.



## 3. ACCEPT THAT THIS IS REAL AND COMMIT TO LEARNING MORE

Getting diagnosed with diabetes is not something that anyone wants to have happen, but that's what has happened, and there are many people with diabetes who say they are healthier *now* than they were before they were diagnosed. *You can join them.*

Commit to being healthier by learning more. Sign the "Get Healthy with Diabetes" pledge, which includes registering for our free "Let's Get Started" program. It's a seven-day course that helps you take one small step each day, learning about diabetes and getting healthier.

**IT ALL STARTS GETTING BETTER RIGHT NOW...**

## CONGRATULATIONS!

You're about to start taking control of your diabetes and living healthier by using our free, easy program. There are three parts of the "Get Healthy With Diabetes" pledge:

1. Print out this page and remove this top portion by cutting along the dotted line
2. Place a check mark next to each of the items below as you complete them
3. Sign and date your pledge

Post your pledge on the refrigerator or in some place you will see it daily. It will be your reminder that you are COMMITTED to learning more about diabetes and becoming healthier.

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# GET HEALTHY WITH DIABETES PLEDGE

## I CAN DO THIS!

- I will take all the medications my doctor has prescribed.
- My testing supplies are all in one place and ready to use.
  - Meter
  - Test strips
  - Lancing device
  - Lancets
- I have signed up for the program at [www.DiabetesWhatToKnow.com](http://www.DiabetesWhatToKnow.com).

## I MADE THESE PROMISES TO MYSELF BECAUSE I WANT TO BE HEALTHY IN ORDER TO...\*

\*Write down whatever matters to you in the box above. There are no wrong answers; it's whatever matters to you *right now*.

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_