



Cornerstones4Care®

# Diabetes and you

Your guide to better living  
with diabetes



Track your:



blood sugar



activity



meals



medicines

Visit [Cornerstones4Care.com](http://Cornerstones4Care.com)  
to learn more





## The Diabetes Health Coach



### A **FREE** personalized diabetes care plan that may help you manage your diabetes

You can get live and online support just for you!

#### **Live support**

- Live calls from a Certified Diabetes Educator\*
- Text messages and email support

#### **Online support**

- Tools and tips whenever you want them
- Information about what matters most to you
- Build skills to help you manage your diabetes

#### Visit **Cornerstones4Care.com** often to:

- Sign up or log into your personal online plan
- Try new tools and trackers
- Get up to date information on diabetes care
- “Ask Sophia!” our digital assistant questions about diabetes



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This booklet gives you key information about diabetes and why it happens. It also offers tools and resources to help you manage your diabetes. If you have questions, be sure to reach out to your diabetes care team.

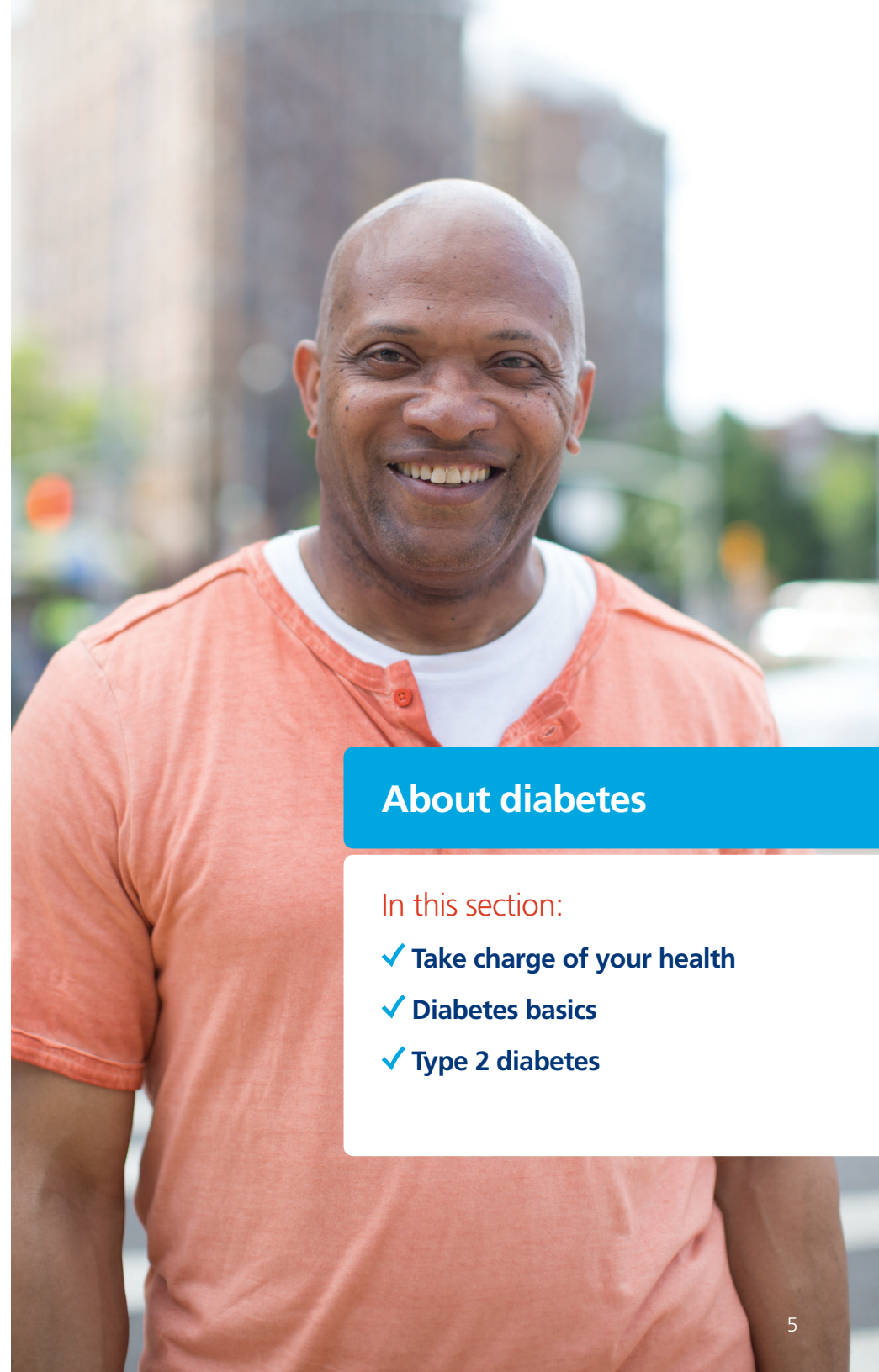
Look for this symbol throughout the booklet



Go to [Cornerstones4Care.com](https://www.cornerstones4care.com) from your smartphone, tablet, or computer for more information and support.

Also available in Spanish at [Espanol.Cornerstones4Care.com](https://www.espanol.cornerstones4care.com)

This booklet is consistent with American Diabetes Association educational materials, including the Standards of Medical Care in Diabetes. This booklet does not replace the advice of your diabetes care team. Be sure to talk with your diabetes care team about a diabetes care plan that is right for you.



## About diabetes

In this section:

- ✓ Take charge of your health
- ✓ Diabetes basics
- ✓ Type 2 diabetes



## Take charge of your health

If you have diabetes, you are not alone. Millions of people have it. Many others care about someone who has diabetes.

There is no cure for diabetes yet. But you can do many things to live well with diabetes.

It's important to learn all you can. The more you know about diabetes, the better you'll be able to manage it. This booklet can help you get started.

## Work with your team



Good diabetes care takes a team. Your team of experts may include your doctor, nurse, diabetes educator, dietitian, and pharmacist. But the most important team member is *you*. Only you know how you feel with diabetes.

## Get support to stay strong

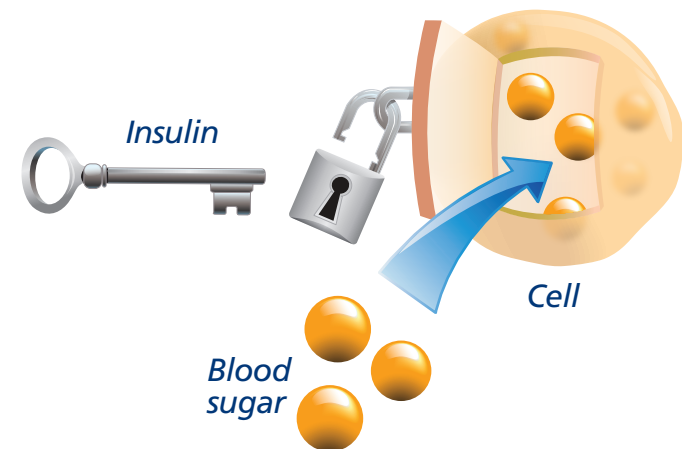
Ask your family and friends for the kind of support you need. You may also want to join a diabetes support group. You can meet other people with diabetes who may be feeling many of the same things that you are.

## Diabetes basics

### What is diabetes?

Understanding diabetes starts with learning how food and insulin work in your body. When you eat, most of your food breaks down into sugar called *glucose*. Sugar travels in your blood to your body's cells. Your body needs the sugar for energy.

The pancreas, an organ found near your stomach, makes the hormone insulin. Insulin helps move the sugar from your blood into your cells. It acts as the "key" that opens the body's cells and lets sugar in. Without insulin, sugar can't get into the cells and it stays in your blood.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about living with diabetes.





Diabetes develops when 1 of 2 things happens:

- The pancreas does not make any or enough insulin
- The body does not use insulin the right way

Each of these things can cause too much sugar to build up in the blood. Over time, high blood sugar levels can cause serious health problems. But there are many things you can do to manage your blood sugar and live well.



### Key words

#### Glucose

A sugar in the blood that is the main source of energy for the body's cells.

#### Insulin

A hormone that lowers the amount of glucose in the blood.

#### Pancreas

An organ behind the stomach that makes enzymes to help digest food and secretes the hormone insulin.

## The types of diabetes

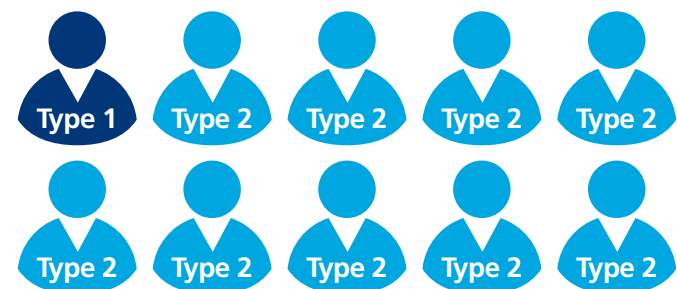
### Type 1 diabetes

In type 1 diabetes, the body makes little or no insulin. People with type 1 diabetes must take insulin every day. This type of diabetes usually first appears in children and young adults, but it may develop in older adults as well.

### Type 2 diabetes

In type 2 diabetes, the body prevents the insulin it makes from working the right way. Your body may make some insulin, but not enough. This type of diabetes usually happens in people who are older, or in people who are overweight and not physically active.

**About 9 out of 10 people with diabetes have type 2 diabetes**



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about the types of diabetes.



## Other types

Type 1 and type 2 diabetes are the most common, but there are also other types of diabetes. **Prediabetes** is when blood sugar levels are high, but not high enough to be diabetes.

**Gestational diabetes** is when changes during pregnancy can make it hard for the mother's body to make and use insulin.



Go to **Cornerstones4Care.com** to **Ask Sophia!** She is a digital assistant that can answer questions about diabetes and so much more!



**Ask Sophia!**



*"How may I help you?"*

Ask Sophia! is also available through your voice activated home assistant device. Simply ask your device to open "Digital Sophia!"

## Testing for diabetes

You may get 1 or more of these tests to find out if you have diabetes.

- A1C
- Fasting blood sugar test
- Glucose tolerance test
- Random blood sugar test



Visit **Cornerstones4Care.com** to learn more about tests for diabetes.



## Type 2 diabetes

### Risk factors for type 2 diabetes

No one knows exactly what causes diabetes. But scientists are working hard to find out what's behind it. We now know that having certain risk factors for type 2 diabetes can increase your chance of developing it.

#### Risk factors that cannot be changed

You are more likely to develop type 2 diabetes if you:

- Are 45 years of age or older
- Have a parent, brother, or sister with type 2 diabetes
- Belong to a high-risk ethnic group, such as African American, Latino, Native American, Asian American, or Pacific Islander
- Have a history of heart disease
- Had diabetes during pregnancy (*gestational diabetes*)
- Are a woman with polycystic ovary syndrome

#### Risk factors that can be managed

You are at a higher risk if you:

- Are overweight or obese
- Are not physically active
- Have high blood pressure
- Have low levels of HDL "good" cholesterol
- Have high levels of fats in your blood

## Know the symptoms of diabetes

Diabetes symptoms vary from person to person. Some people have no symptoms at all. Common symptoms include:



Urinating often



Blurry vision



Feeling very thirsty



Cuts or bruises that are slow to heal



Feeling very hungry



Tingling, pain, or numbness in the hands or feet



Feeling very tired



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about risk factors and symptoms of type 2 diabetes.



## How can diabetes be managed?

Living with diabetes can be a challenge. Work with your diabetes care team to help you with the everyday diabetes care. Try to:



**Eat healthy**



**Be active**



**Take medicine**  
(if needed)



**Track your blood sugar**



**Go to your appointments**



**Get any needed laboratory tests**



**Learn all you can about diabetes**



## Know your ABCs

As part of managing your diabetes, it's important to track your ABCs:

**A**

**A1C** (your average blood sugar level over the past 3 months)

**B**

**Blood pressure**

**C**

**Cholesterol**

Meeting your ABC goals helps reduce your risk for other health problems. Ask your care team what your ABC goals should be. You can fill them in here.

## My ABC goals

**A**

**A1C:**

**B**

**Blood pressure:**

**C**

**Cholesterol:**



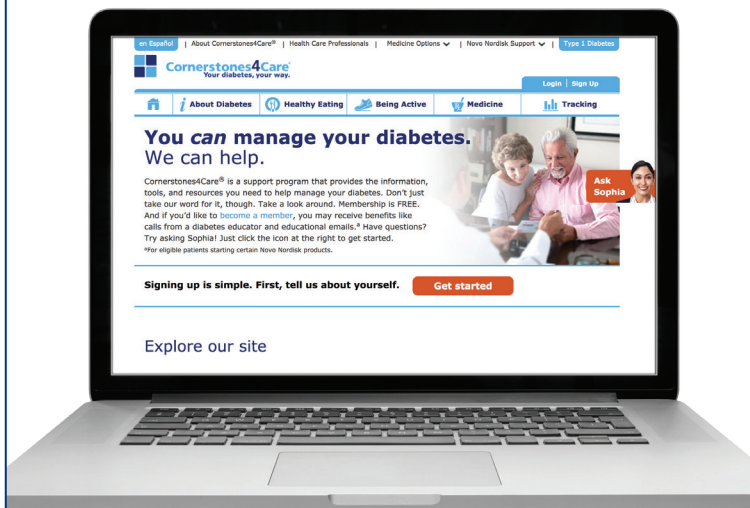
Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to help you build a personalized care plan to help you manage your diabetes.



Register today for a **FREE** diabetes support program!

**Cornerstones4Care®**

It provides personalized information, tools, and resources to help you manage your diabetes.



**It's easy to register!**

**Mail in the card in the front of this book**



- Go online to [Join.Cornerstones4Care.com](http://Join.Cornerstones4Care.com)
- Call us at 1-877-497-9601 or 1-800-727-6500 from 8:30am to 6:00pm EST



**Living well with diabetes**

**In this section:**

- ✓ **Managing diabetes**
- ✓ **Healthy eating**
- ✓ **Being active**
- ✓ **Taking medicines**



## Managing diabetes

Eating healthy and being physically active are the first steps in managing type 2 diabetes. Why? Because type 2 diabetes is affected by what, how much, and when you eat. It's also affected by how active you are.

Diabetes changes over time. At some point, eating healthy and being active may not be enough to manage your blood sugar. Your treatment may need to change too. You might need medicine for diabetes if:

- Your daily blood sugar levels stay above your goal range
- Your average blood sugar level over the past 3 months is still too high



## Healthy eating

Your diabetes care team may recommend that you follow a healthy-eating plan. This plan can help you manage your:



Blood sugar levels



Cholesterol levels



Weight

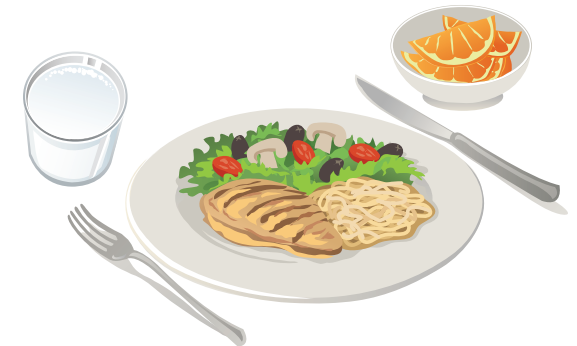


Blood pressure

When these things are managed, you may stop or slow down the chance of getting other health problems.

## Creating your meal plan

Work with your diabetes care team to create a meal plan that's right for you. It will likely include a variety of foods from all food groups. Be sure to ask how you can add your favorite foods to your meal plan so you enjoy what you eat.



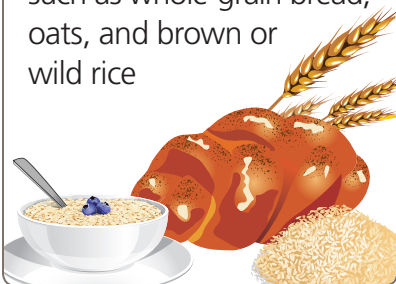
Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to find healthy recipes and guidance on well balanced meals.



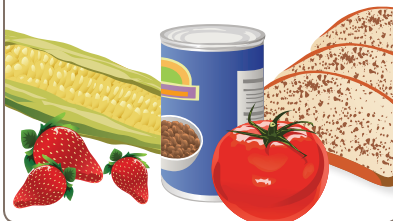


A typical healthy meal plan includes:

**Complex carbohydrates**, such as whole-grain bread, oats, and brown or wild rice



**Fiber**, which is found in beans, whole grains, fruits, and vegetables



**Lean protein**, such as chicken (without skin), tofu, fish, and eggs



**Non-starchy vegetables**, such as broccoli, carrots, and leafy greens



**Low-fat dairy products**, such as milk, yogurt, and calcium fortified plant-based milk



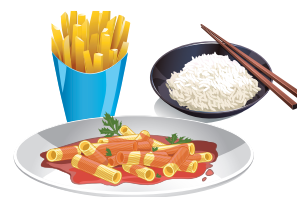
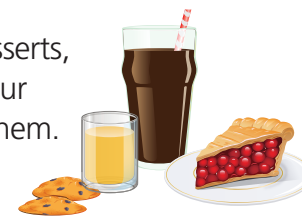
**Heart-healthy fats**, such as olive or canola oil, nuts, and seeds



## Carbohydrates and your blood sugar

There are 3 main types of carbohydrates (carbs) in the foods you eat. They are sugar, starch, and fiber. Each type of carb affects your blood sugar in a different way.

**Sugary foods and drinks**, such as desserts, fruit juices, and soda pop. They raise your blood sugar very quickly after you eat them. It's best to eat fewer high-sugar foods.



**Starchy foods**, such as bread, pasta, potatoes, rice, and corn. They do not raise blood sugar levels as fast as sugary carbs do. Skip the foods made with processed white flour and choose whole grains for more nutrients.

**Fiber** is found in plant foods, such vegetables, fruits, nuts, seeds, beans, and whole grains. When you eat fiber-rich foods, your blood sugar levels rise slowly. Because your body cannot digest fiber, the fiber slows down digestion. Eating fiber can help you manage your blood sugar and help you feel full.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about food and how it affects your body and blood sugar.



## Tips for healthy eating

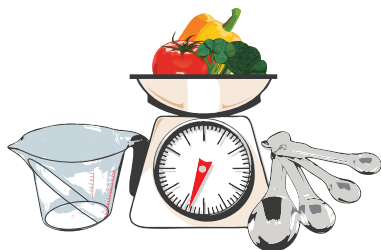
Using these tips may help you make good food choices and follow your meal plan:

### Read food labels

- ▶ Always check the serving size and the amount of carbs
- ▶ Look for foods with 2.5 or more grams of fiber per serving
- ▶ Try to avoid saturated and trans fats

### Measure each serving

Measuring lets you see actual portion sizes and helps you eat the right amount.



### Count carbs

Your body breaks down carbs into glucose, which is a kind of sugar. Counting carbs can help you manage your blood sugar levels. Try to eat about the same amount of carbs each day at similar times during the day. This is especially important if you take diabetes medicines or insulin. Talk with your diabetes care team about what amount of carbohydrates are right for you.



**Ask your diabetes care team for the *Meal planning and carb counting* booklet. You can learn more about healthy eating, carb counting, and portion sizes.**

Serving size ▶

## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fats ▶

Carbs ▶

Fiber ▶



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more tips and healthy recipes.





## Set goals for healthy eating

For many of us, changing how and what we eat isn't easy. So start with simple goals. Work with your diabetes care team to create a plan that's right for you. Write some of your goals for healthy eating in the boxes below.

### Example

**Goal:** *I will not skip breakfast.*

**How:** *I will set my alarm 10 minutes earlier to allow time to eat.*

## My goals for healthy eating

**Goal:**

**How:**

**Goal:**

**How:**

**Goal:**

**How:**

## Being active

With diabetes, being active and eating healthy work together. Being active helps manage your blood sugar. It's also good for your overall health.

Physical activity helps:

- Lower your blood sugar
- Improve your heart health
- Lower your blood pressure and cholesterol
- Burn calories to help manage your weight
- Give you energy
- Lower stress
- Improve your sleep



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about why being active with diabetes matters.



## Three steps to being more active

### Step 1: Talk with your doctor before you start.

Discuss the kinds of activity that are best for you.



### Step 2: Choose an activity.

Choose activities that you enjoy. Just about anything that gets you moving is good. You might want to:

- Walk or jog
- Take a hike or ride a bike
- Swim or play a sport
- Dance or do yoga



### Step 3: Set your goals.

The American Diabetes Association (ADA) recommends being active for at least 2½ hours (150 minutes) a week spread over 3 or more days a week. The ADA also recommend doing resistance exercise (exercise with weights or weight machines) 2 to 3 times per week, with a rest day in between.



Flexibility and balance exercises, such as yoga and tai chi, are recommended for older adults 2 to 3 times a week. This can help with range of motion, muscle strength, and balance.

Break up long periods of time sitting by getting up and moving around every 30 minutes.

You may not think you have the time in your schedule. See below for examples, and write in your own activity goals.

### Adding activity, try this

Exercise for 30 minutes, 5 days a week (150 minutes total).

Do yoga for  
10 minutes  
after  
breakfast



Walk for  
10 minutes at  
lunch time



Bike ride for  
10 minutes  
after dinner



Always talk with your doctor before starting or changing your physical activity.

### My activity goals

Goal:

Goal:



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to help you start adding activity into your day.



## Stay safe

Follow these simple tips to stay safe during exercise:

- Ask your doctor if you should check your blood sugar before, during, and after your activity
- Bring a fast-acting carb snack with you, such as fruit juice or raisins, in case your blood sugar drops too low
- Don't exercise if you don't feel well
- Protect your feet. Always wear shoes and socks. Check your feet before and after being active. If you injure your feet, let your care team know right away
- Wear an "I have diabetes" ID bracelet in case you need help



## Starting an activity program

Try these tips to help you get started:

1. **Do something you like to do.** Change things up so you don't get bored.
2. **Try** to fit activity into your normal, everyday life.
3. **Start slowly**, especially if you have been inactive or are trying a new activity.
4. **Find a buddy.** You can support and motivate each other to keep going.



## Small steps can add up to big benefits

Being active doesn't have to be complicated. You don't have to take classes or join a gym. Try taking small, active steps each day that can add up to a lot of activity by the end of a week! Here are some examples.

### At work

Park far away, take the stairs, walk at lunch, try chair exercises



### At home

Walk with a friend or pet, do yardwork or garden, clean the house, go up and down the stairs, get up and move during commercials when watching TV



### When you're out

Walk in a park or at the mall, take a yoga class, dance with a partner, stop and stretch on long drives



There are many types of fitness trackers and apps available. You can track your number of steps and the amount of time you spend being active each day. You can even set reminders to get up and move!



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more helpful tips to support you being active with diabetes.



## Taking medicines

Many people with diabetes may have to take medicine to help reach their blood sugar goals. The more you know about the medicines you take and how to take them, the easier it may be for you to manage your diabetes.

There are 2 main types of diabetes medicines to treat type 2 diabetes:

- Medicines that are taken by mouth in the form of a pill
- Medicines that are taken as an injection

Learning about the different types of diabetes medicines may help you talk with your diabetes care team about treatment options. Together you can decide what type of medicine is right for you.

### Diabetes pills

There are many types of diabetes pills for people with type 2 diabetes. Pills work best when used along with meal planning and exercise.



Diabetes pills are not for everyone. They may not lower blood sugar enough. Or they may stop working after a few months or years. This doesn't mean your diabetes is worse. And it doesn't mean you have done anything wrong. It means your body has changed. You may need to try more than one type of pill, a combination of pills, injectable medicines, or pills and injectable medicines.

### Diabetes medicines work in different ways in the body to help manage blood sugar:

Help prevent the breakdown of GLP-1, a hormone produced in the intestines

Help improve the body's response to insulin

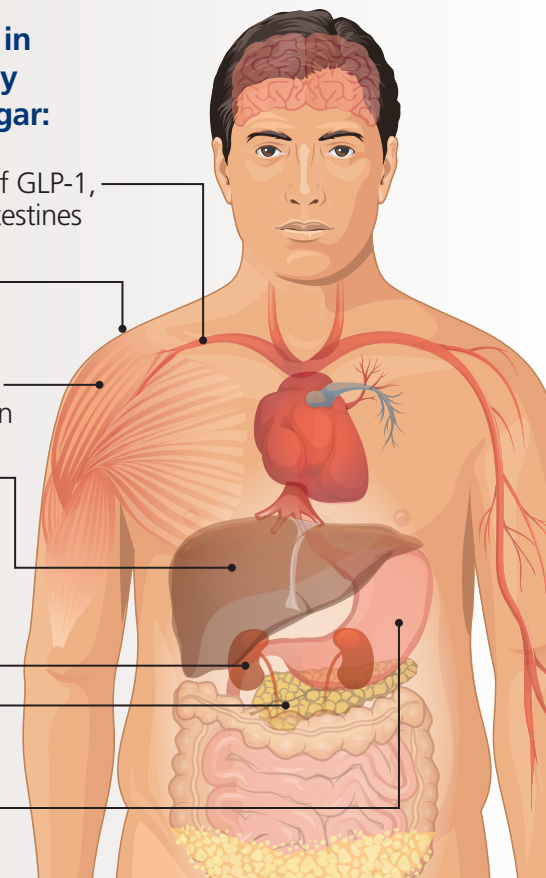
Help improve the liver, muscle, and fat cells' response to insulin

Lower the amount of sugar the liver releases

Help the kidneys to get rid of extra sugar in the urine

Help the pancreas release more insulin

Slow down the digestion of food



### Key term

**GLP-1:** Glucagon-like peptide-1, is a hormone made by your body. It helps the pancreas release the right amount of insulin when blood sugar is high, to move sugar from the blood into the cells. GLP-1 also slows movement of food through the stomach and stops glucagon from being released.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about diabetes medicines.





## Diabetes medicines you inject

There are two types of diabetes medicines that are injected under the skin—non-insulin injectable medicines and insulin. Your diabetes care team can teach you how to use them.

**Non-insulin injectable medicines** are taken using a pen and may be taken once a day, twice a day, 3 times a day, or once a week. There are 2 types.



*GLP-1 receptor agonists* work to:

- Keep the liver from making too much sugar
- Help the pancreas release more insulin when blood sugars are high
- Slows food from moving too quickly through the stomach

*Amylin analogs* work to:

- Keep the liver from making too much sugar
- Slows food from moving too quickly through the stomach
- May suppress appetite

**Insulin** you inject works like your body's own insulin. It lowers blood sugar by helping sugar move from the blood into your cells.

There are many types of insulin. The difference is how quickly they start to work, when they peak, and how long they last. If you need insulin, you and your diabetes care team will select the type that's right for you.

## Combination therapy

Diabetes changes over time. At some point you may need more than one diabetes medicine even if you have been following your treatment plan. Many people use insulin or a medicine that helps the body make more insulin **plus** a medicine that helps the body use insulin better. This is called *combination therapy*.

## Other medicines you may take

Diabetes can affect many parts of your body. This includes your heart, blood vessels, nerves, eyes, and kidneys. You may also need to take medicines for other health conditions, such as:

- Anti-hypertensive to help lower blood pressure
- Statin to help lower cholesterol
- Aspirin to help lower risk of heart attack
- Vaccinations (including influenza and pneumonia) to help you stay healthy



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to get tips on how to take diabetes medicines.

## Your medicine plan

You may have to take diabetes medicines to reach your blood sugar goals. It's important to know what each medicine is and how to take it. Be sure to take each medicine exactly as your doctor tells you to.

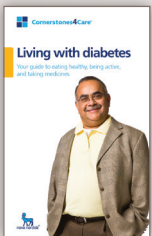
Your medicine plan will tell you:

- ✓ What type of diabetes medicines and other medicines to take
- ✓ How much to take
- ✓ When to take it

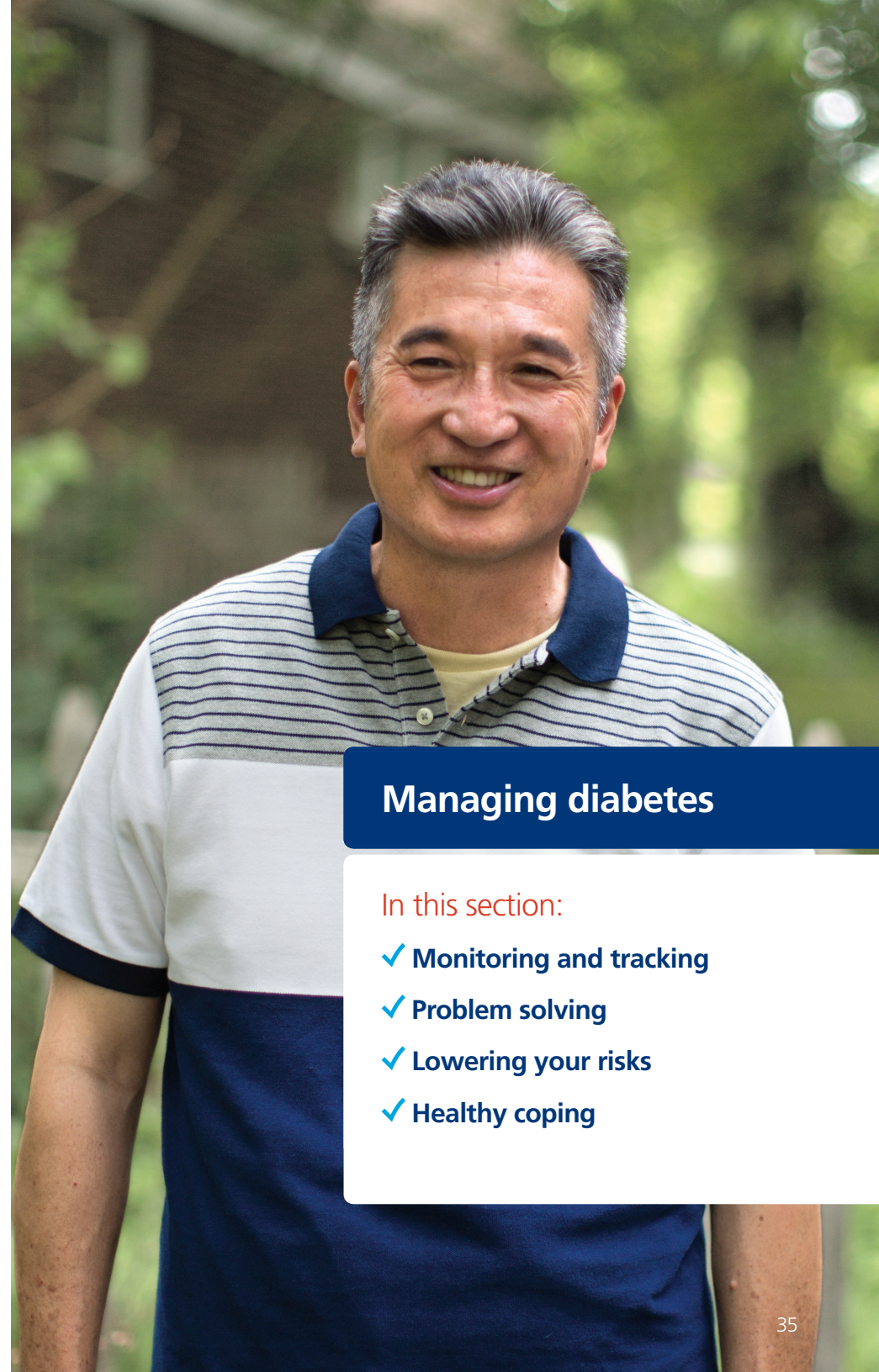
Your medicine plan will be based on many things, such as:

- ✓ Your blood sugar levels
- ✓ Your eating habits
- ✓ Other health conditions you have
- ✓ Your activity level
- ✓ Your daily schedule

Work closely with your diabetes care team to create a medicine plan that is easy to follow and right for you.



**Ask your diabetes care team for the *Living with diabetes* booklet. It gives you more information on how to take steps to manage your diabetes by eating healthy, being active, and taking medicines.**



## Managing diabetes

In this section:

- ✓ Monitoring and tracking
- ✓ Problem solving
- ✓ Lowering your risks
- ✓ Healthy coping





## Monitoring and tracking

### Checking your own blood sugar

Each time you check your own blood sugar you learn more about your diabetes and how it's being managed. Why? Because when you check your blood sugar:

- You know right away if it is too high or too low
- You see how activity, food, and stress affect it
- You know if your insulin or other diabetes medicine is working

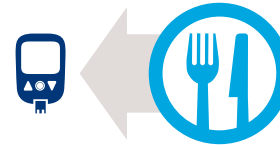


### When to check your blood sugar

Your blood sugar goes up and down all day. It is affected by what, when, and how much you eat, as well as how active you are. You and your diabetes care team will decide when and how often you should check your blood sugar.

Here are some common times when people check:

#### Before meals and snacks



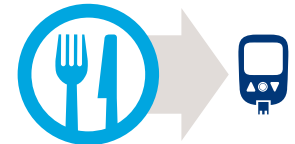
#### Before exercise



#### Before bedtime



#### 1-2 hours after the start of meals



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to use the online Blood Sugar Tracker.



## Using a blood sugar meter

A **blood sugar meter** is a small device that tests and reports your blood sugar level. There are many kinds of meters. Your diabetes care team can help you choose a meter and show you how to use it.



A **continuous glucose monitor**, or **CGM**, tracks blood sugar levels all day and night. It works through a tiny sensor put under the skin usually on your belly or arm. It sends the information to a computer, smartphone, or tablet. A CGM shows your blood sugar levels at a glance and changes over a few hours or days.



## Tracking your blood sugar levels

The more you know about your blood sugar, the more power you have over your own health.



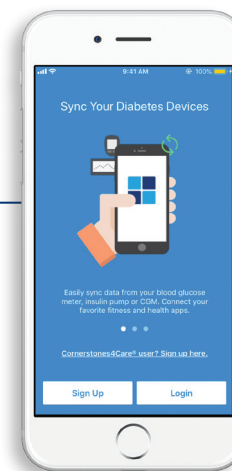
You can write your numbers in a journal or log book. You can also use an app to help you track your blood sugar levels. Be sure to share your blood sugar log or app with your diabetes care team at your office visits.

**Cornerstones4Care®** Powered by Glooko is a **free** app that can help you manage your diabetes.

- Track blood sugar, medicines, meals, and activity all in one place
- Connect with blood glucose meters, CGMs, insulin pumps, and health and fitness trackers
- Register for **Cornerstones4Care®**, a **free** diabetes support program

Simply download the **free Cornerstones4Care®** Powered by Glooko app to your mobile device from iTunes (for iPhones) or Google Play (for Android devices).

**Cornerstones4Care®**  
Powered by *glooko*



Visit **Cornerstones4Care.com** to learn more about blood sugar and diabetes.





## Understanding your blood sugar numbers

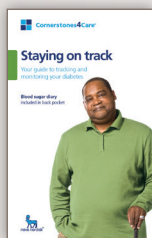
Different types of blood sugar tests tell you different things.

- **Daily checks** tell you about your blood sugar at the time of the test
- **An A1C test** tells you what your average blood sugar level has been over the past 3 months

### A1C and daily blood sugar goals

You and your diabetes care team will set A1C and daily blood sugar goals that are right for you. Work together to decide how often you should check your blood sugar each day.

It is important to write down your blood sugar levels. This helps keep track of what makes them go up or down. Bring your blood sugar log or app to every office visit. Ask your diabetes care team for your A1C and blood sugar goals and fill them in here.



**Ask your diabetes care team for *Staying on track*. This booklet can help you understand more about blood sugar goals and what the numbers mean. Use the diary to fill in your blood sugar readings.**



### My blood sugar goals

**Before meals:**

**1-2 hours after a meal:**



For most nonpregnant adults with diabetes **the ADA recommends:**

Blood sugar levels  
between 80-130 mg/dL  
**before meals**

Blood sugar levels  
under 180 mg/dL  
**1-2 hours after  
the start of a meal**

### My A1C goal

**My A1C goal**

- If you are at your A1C goal, have your A1C checked at least twice a year
- If you are not at your goal, have your A1C checked 4 times a year

For most nonpregnant adults with diabetes **the ADA recommends** an A1C of less than 7%. Your doctor may have different A1C goals for you.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to log your A1C test results.



## Managing changes in your blood sugar

It is important to know what to do if your blood sugar goes too high or too low. Your friends, family, and co-workers need to know, too, in case you have a blood sugar emergency. If your blood sugar goes very high or very low, it can be mistaken for other serious health problems. That's why you should always wear an "I have diabetes" ID.

Be sure to keep track of any episodes of low or high blood sugar. Then talk with your diabetes care team about why it may have happened.

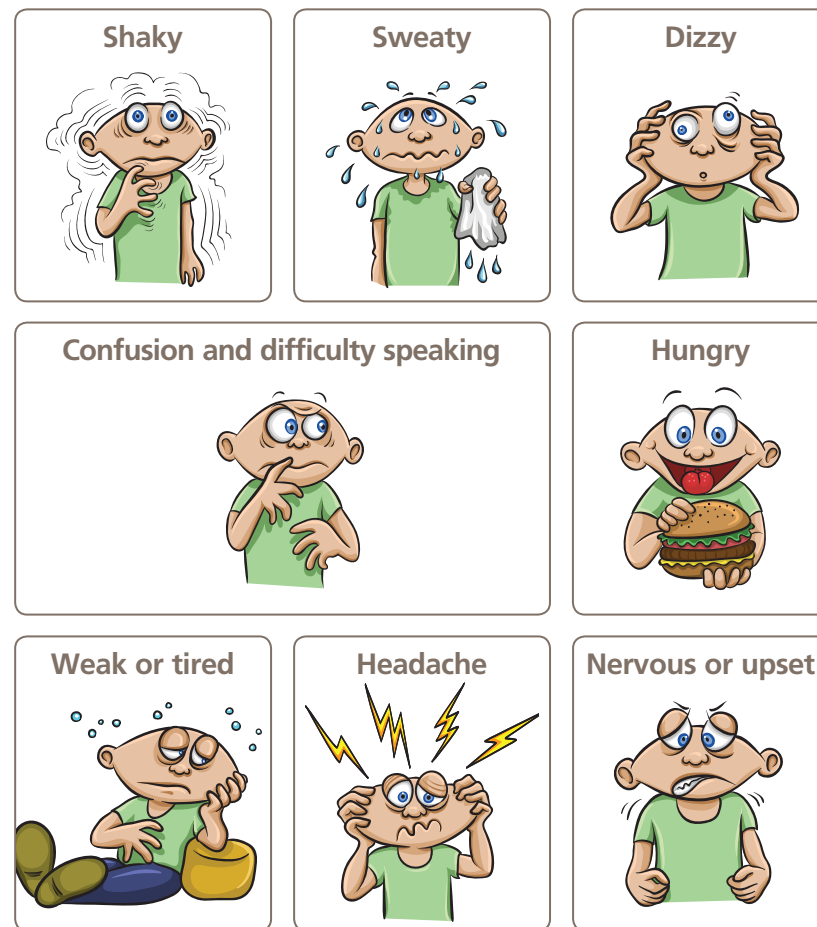
## Low blood sugar

There may be times when your blood sugar level drops too low (called *hypoglycemia*). For most people with diabetes, below 70 mg/dL is too low.

Low blood sugar may happen if you take certain diabetes medicines, or if you take too much insulin or diabetes pills. Your blood sugar can also drop if you:

- Don't eat enough carbs
- Skip or delay meals
- Are more active than usual
- Are sick
- Drink alcohol without eating enough food

If your blood sugar is too low, you might feel:



Symptoms of low blood sugar vary from person to person. Sometimes there may be no symptoms at all.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to download a helpful fact sheet about low blood sugar.



## How to treat low blood sugar

If you have any symptoms of low blood sugar, check your blood sugar right away. If you can't check it, treat it anyway.

**Eat or drink 15 grams of carbohydrates** right away, such as:



4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)



4-6 ounces (½ can) of regular soda pop (not diet)

4 glucose tablets or  
1 tube of glucose gel



1 tablespoon of sugar,  
honey, or corn syrup



2 tablespoons of raisins



**Wait 15 minutes** and then check your blood sugar again:

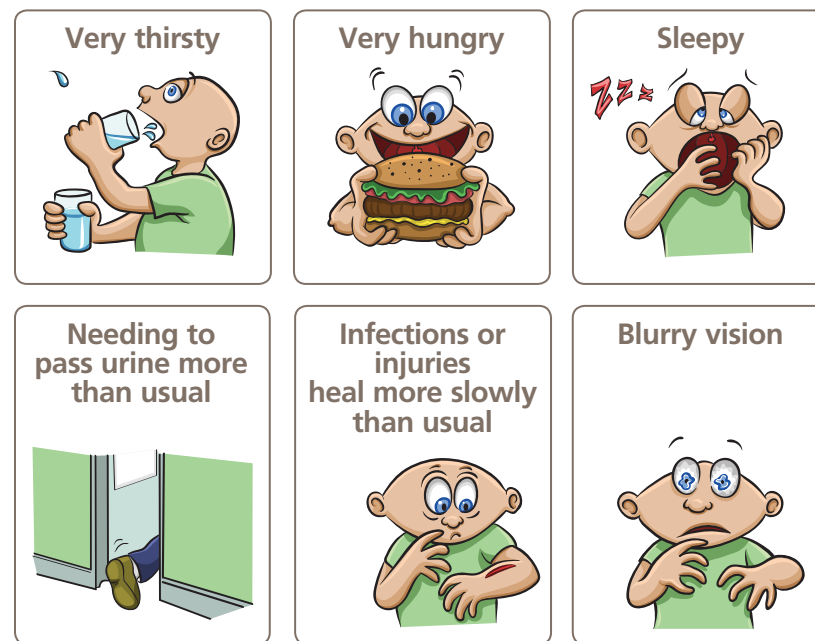
- If it is still too low (below 70 mg/dL), eat or drink another 15 grams of carbohydrates
- Check your blood sugar again after another 15 minutes. Repeat these steps until your blood sugar is back to normal
- If your next meal is more than an hour away, eat a snack to keep your blood sugar in your goal range

## High blood sugar

High blood sugar (called *hyperglycemia*) is when there is too much sugar in your blood. Over time it can cause serious health problems. High blood sugar can happen if you:

- Skip a dose of insulin or other diabetes medicine
- Are less active than usual
- Eat more than usual
- Are under stress or sick

Here's what may happen when your blood sugar is high:



Sometimes there may be no symptoms at all.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to download a helpful fact sheet about high blood sugar.



## What to do about high blood sugar

The best thing to do about high blood sugar is prevent it. Follow your meal and activity plans and take all your medicine as directed. Call your diabetes care team if:

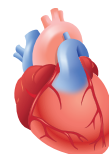
- Your blood sugar has been above your goal for 3 days and you don't know why
- You have symptoms of high blood sugar

You may need a change in your meal plan, physical activity, or diabetes medicines.



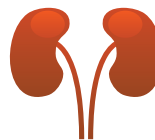
## Monitoring your overall health

With diabetes, you know that you should track your blood sugar levels. It is just as important to monitor your overall health. You and your diabetes care team should pay attention to your:



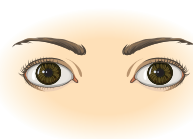
### Heart health

Having diabetes increases your risk for heart disease. Have your blood pressure and cholesterol checked as directed.



### Kidney health

Diabetes can damage the kidneys and cause them to stop working as they should. Have your urine and blood tested once a year, or as often as directed by your doctor.



### Eye health

Diabetes can affect your eyes. Have dilated eye exams to check to see if blood sugar has damaged any blood vessels. Have this eye exam done every year, or as often as directed by your doctor.



### Foot health

People with diabetes can develop foot problems. Check your feet every day. And have the doctor check them once a year, or more often if needed.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for support to help you manage your diabetes.





## Problem solving

When you have diabetes, planning ahead is really important. Try to keep your blood sugar levels within your goal range. So it's smart to set up a plan for food, exercise, blood sugar checks, and medicine. However, things will happen that upset even the best of plans. And that's where problem-solving helps.

Problem solving is an important skill. It helps you prepare for times when unexpected things happen.

Everyone with diabetes can have low or high blood sugar once in a while. Here are 3 problem-solving steps you can take when this happens to you:

### 1. Take a look at the situation.

What was different? Did you:

- ☐ Travel?
- ☐ Feel sick or stressed?
- ☐ Drink alcohol?
- ☐ Change how much you ate?
- ☐ Change your amount of physical activity?
- ☐ Not take medicine as prescribed?

### 2. Make changes.

What can you do to fix the problem? Talk with your diabetes care team if you need help finding answers. Perhaps you could:

- ☐ Carry an extra snack
- ☐ Try a different meal plan or add more activity to your day
- ☐ Check your blood sugar more often

### 3. Try to keep it from happening again.

What has worked for you in the past in a similar situation? Use those solutions again. Or try something new to find what works best for you.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more information about problem solving with diabetes.



## Planning for different situations

### When you are sick

Being sick makes it harder to manage diabetes. Your blood sugar can vary when you're sick. You may have trouble taking your medicine. And you may not be able to eat in the usual way. Let your diabetes care team know you are sick. Find out:

- How often to check your blood sugar
- If you should change how you take your diabetes medicines
- What to eat and drink
- When to call your doctor

Check with your team *before* you take over-the-counter medicine, like aspirin, cough syrup, decongestants, or herbal supplements. They might raise or lower your blood sugar.



### When you're at work

Diabetes doesn't have to get in the way of work. Talk with your diabetes care team. Together you can make any needed changes to your meal, activity, or medicine plans.

Most employers must make arrangements for people with diabetes. It's the law. So be sure to let your employer know you have diabetes. Teach your co-workers the signs of low blood sugar. You may need their help if yours drops too low.

Here are some other ways you can plan for work days:

- Follow the workday meal and activity plans suggested by your care team
- Take regular breaks to eat or drink, test your blood sugar, or take medicine
- Keep snacks nearby. Carry some with you to treat low blood sugar
- Always wear an "I have diabetes" ID



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to help you plan for specific situations.



## When you travel

Don't let diabetes tie you down! Just plan ahead so you can manage your diabetes while you're away from home.



Here are some things to do when you are travelling:

- Ask your care team for any extra prescriptions or supplies you may need while you're gone
- Ask your doctor for a letter about your diabetes and any devices you may use
- Always carry diabetes medicines, insulin and testing supplies with you. Never put them in your luggage. And never store them in the glove compartment of a car
- Carry extra food and snacks with you
- Limit alcoholic beverages. Eat something if you choose to drink to prevent low blood sugar
- Always wear an ID that says you have diabetes
- Check your blood sugar often



## Lowering your risk for other health problems

When you have diabetes, you are at risk for developing other serious health problems. Diabetes can affect your heart, kidneys, blood vessels, feet, nerves, and eye sight. But there are *many* things you can do to stop or delay the problems diabetes may cause.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more information about preventing other health problems.



## Take control of your health

Doing these things helps you take control and manage your health:



Try your very best to manage your blood sugar



Be active. Start slow but increase your physical activity as you are able



Take all your medicines exactly as directed



Get all your recommended screening tests



Follow your meal plan. Make a commitment to healthy eating



Quit smoking

**Work with your diabetes care team to keep your blood pressure and cholesterol under control.**



Be an active member of your diabetes care team. Talk openly and honestly about any difficulties you have managing your diabetes. You all have the same goal: **to keep you as healthy as possible.**



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to register for The Diabetes Health Coach. This online program creates a personal plan based on what's important to you.





## Follow a recommended diabetes care schedule

Another way you can take control of your health is to follow a diabetes care schedule. It includes recommended tests and how often they should be done.

This is the diabetes care schedule recommended by the American Diabetes Association (ADA):

### Every 3 months

(or as often as your diabetes care team advises)



☐ Regular office visit



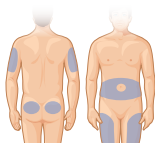
☐ Blood pressure check



☐ A1C test  
(if your blood sugar is not at goal)



☐ Weight check



☐ Skin check  
(injection sites)

### Every 6 months

(or as often as your diabetes care team advises)



☐ A1C test  
(if your blood sugar is at goal)



☐ Dental office visit

### Every year

(or as often as your diabetes care team advises)



☐ Physical exam



☐ Dilated eye exam



☐ Foot exam with sensory testing (needed more often if you have foot problems)



☐ Hearing screening



☐ Flu shot



☐ Blood fat and cholesterol tests (if your levels are normal)



☐ Liver test



☐ Kidney tests



☐ Mental health check



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn how to get the most from your office visits.



## Healthy coping

It's not easy to cope with diabetes. Managing it can be an everyday challenge. It's normal to feel discouraged sometimes. Try to manage your diabetes one step and one day at a time. The small steps you take each day can add up to many daily successes.

Here are 3 key things you can do to help cope with your feelings:

- ✓ **Learn all you can about diabetes.** Find out what you can do every day to manage it now and as you move forward to the future
- ✓ **Develop coping skills.** Use different ones for different situations. Read coping with stress on page 60 for some ideas
- ✓ **Get support.** Most people find it easier to cope with diabetes when they are supported by family and friends. Tell people how you feel and what you need. Don't be afraid to ask for help. You may want to join a diabetes support group



## Recognizing depression

Some days can feel better than others when you have diabetes. It's normal to feel low from time to time, but not most of the time. People with diabetes can develop depression. With depression, it can be harder to follow a diabetes care plan.



Here are some common symptoms of depression:

- Loss of interest or pleasure in doing things you used to enjoy
- Lack of energy
- Trouble sleeping, or sleeping more than usual
- Nervousness
- Eating more or less than normal, which results in weight gain or loss
- Feeling guilty and like a burden to others
- Trouble paying attention
- Feeling sad
- Thoughts of death or wanting to take your own life

Depression is real and needs to be treated. If you think you may have depression, let your diabetes care team know how you're feeling and how often you feel that way.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for suggestions on how to cope with treatment changes.



## Coping with stress

Stress can affect how well you manage your diabetes. Stress may make it hard to stick with healthy eating, being active, or doing regular blood sugar checks. Stress hormones in your body can also cause blood sugar to rise.

It's important to learn ways to lower your stress. Here are a few things you can try:

- **Do breathing exercises.** Try deep breathing for 5 to 20 minutes each day
- **Move your body.** Relax through motion, such as gardening, taking a walk, or doing yoga or tai chi
- **Think good thoughts.** Try to replace negative thoughts with positive ones. Think about things that make you happy
- **Reach out for support.** Turn to family and friends when you feel stressed or upset. Consider being part of a support group where you'll meet other people with diabetes. Chances are they will understand what you're feeling. They can share ways they manage stress and cope with diabetes

## Erectile dysfunction and diabetes

Erectile dysfunction is a common problem for men with diabetes. Having erectile dysfunction can be a real challenge. It can leave you and your partner feeling frustrated and discouraged. It may not be easy to talk about, but there may be ways to help you cope with erectile dysfunction.

### Talk with your diabetes care team

Ask if there's anything you can do to better manage your diabetes. Improving your blood sugar levels can help prevent some of the problems that may lead to erectile dysfunction.

### Consider treatment options

There are many erectile dysfunction treatments. Ask your doctor if there is one that may be a good choice for you.

### Make some healthy changes

Try to add physical activity, lose some weight, cut down on alcohol, and quit smoking. These changes can improve erectile dysfunction and your overall health.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for support with coping with diabetes.





## Novo Nordisk is dedicated to diabetes

### Diabetes is our passion and our business

As a leader in diabetes, Novo Nordisk is dedicated to improving diabetes care worldwide. Since 1923, we have been focused on innovation and leadership in diabetes care. Today we have a broad portfolio of medicines.

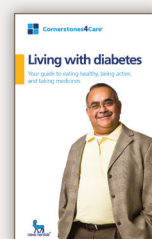
The Novo Nordisk Patient Assistance Program (PAP) is our continued commitment to people living with diabetes. If you are having trouble affording your Novo Nordisk brand medicine, you may qualify for help. Call Novo Nordisk PAP toll-free at 1-866-310-7549 from 8:30am to 6:00pm EST to see if you qualify.

For more information about Novo Nordisk products for diabetes care, or to request a Blood Sugar Diary, call the Customer Care Center at 1-800-727-6500 from 8:30am to 6:00pm EST.



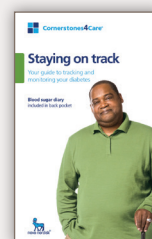
The more you know about diabetes, the better you will be able to manage it. Ask your doctor for these **FREE** books. For even more information, go to [Cornerstones4Care.com](https://www.cornerstones4care.com).

The **Cornerstones4Care**® educational booklet series is designed to help people with diabetes work with their diabetes care teams to learn about and manage diabetes.



### Living with diabetes

Take steps to manage your diabetes by eating healthy, being active, and taking medicines. This booklet gives you more information about how to live well with diabetes.



### Staying on track

Reading this booklet can help you understand more about blood sugar goals and what your numbers mean. Learn how to monitor your health and use a tracker to fill in your blood sugar readings.

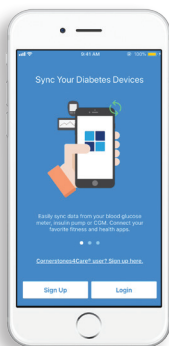


### Meal planning and carb counting

Learn more about meal planning and carb counting with diabetes. This booklet offers helpful tools and resources for planning healthy meals and managing your diabetes. Use food lists to help you make healthy choices.

# Cornerstones4Care®

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**Get information** about healthy eating and lifestyle choices



**Set reminders**, such as when to take your medicine or be active



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