



Focus on these
key areas to
manage your
type 2 diabetes:

HEALTHY EATING

MEDICATIONS

TESTING

EXERCISE

IMMUNIZATIONS



IMMUNIZATIONS*

Take charge of your health

Stay healthy by getting these immunizations:

- Flu
- Pneumonia
- Tetanus/diphtheria (Td)

According to the Centers for Disease Control and Prevention (CDC), immunizations can prevent illnesses that can be very serious for people with diabetes.

Most insurance accepted
No appointment necessary

Get all your diabetes needs at Walgreens – from medications, supplies and immunizations to expert advice.

For more information, visit

- Walgreens.com/diabetes-help
- American Diabetes Association at diabetes.org.

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a national strategic partner of
American Diabetes Association.

*Vaccines subject to availability. Not all vaccines available in all locations. State, age, and health condition-related restrictions may apply. See pharmacy for details.

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Taking control of

DIABETES

takes an extra hand™

Live well with these tips from
your Walgreens pharmacist.

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HEALTHY EATING

Use the plate method

1. Divide your plate into three sections.
2. Fill the largest section with nonstarchy veggies like salad, green beans or broccoli.
3. Fill one of the smaller sections with starchy foods like noodles, rice or corn.
4. Fill the last small section with meat, fish, eggs or tofu.
5. Add a glass of milk and a small fruit or half a cup of fruit salad.

American Diabetes Association website.
<http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>. Accessed Jan. 22, 2014.

MEDICATIONS

Start right

If your doctor has prescribed diabetes medications, ask these questions:

1. How many pills do I take?
2. How often should I take them and when?

3. What if I forget to take my medications and remember later?
4. What side effects could I have?
5. What should I do if I have side effects?
6. Will my diabetes medications cause a problem with any of the other medications I'm taking?

TESTING

Test like a pro

1. Test on your finger's edges, not the tip, where more nerves are located.
2. Wash hands with soap and warm water and dry thoroughly right before testing.
3. Vary your fingers instead of using the same finger all the time.
4. Use a fresh lancet and make sure test strips are stored in a closed container.
5. Wait two hours after eating to get the most accurate reading.
6. Think of testing as a way to discover how your body responds to changes in medication, diet, activity and sleep. Check in with your diabetes educator, doctor, or pharmacist to talk about your results and what they mean.

New, starting in April, get rewarded for blood glucose testing. Learn more at Walgreens.com/Steps.

Vann, M; 7 Blood Sugar Testing Mistakes to Avoid; Everyday Health;
<http://www.everydayhealth.com/diabetes-pictures/blood-sugar-testing-mistakes-avoid.aspx#/slide-1>. Accessed Jan. 22, 2014.



EXERCISE

Get a little more active

1. Do at least 150 minutes of moderately vigorous exercise each week.
2. Get some form of aerobic exercise at least three times a week and resistance training twice a week.
3. Start slowly to build up your endurance.
4. If you're a beginner, start with 15 minutes of low-impact aerobic exercise such as walking or bike riding three times per week. Gradually increase the frequency and duration to 30-45 minutes of moderate aerobic activity three to five days over the course of the week.
5. Talk to your doctor if you have questions on what physical activity is right for you.

<http://health.Walgreens.com/diabetes/articles/Smart-Strategies-for-Weight-Loss-With-Type-2-Diabetes/453>. Accessed Jan. 22, 2014.