

TAKING CHARGE OF DIABETES

Jax's Journey Back to the Rink

Sponsored by *Walgreens*



Hi! My name is Jax, I'm 11 years old and playing hockey is my favorite thing in the world!



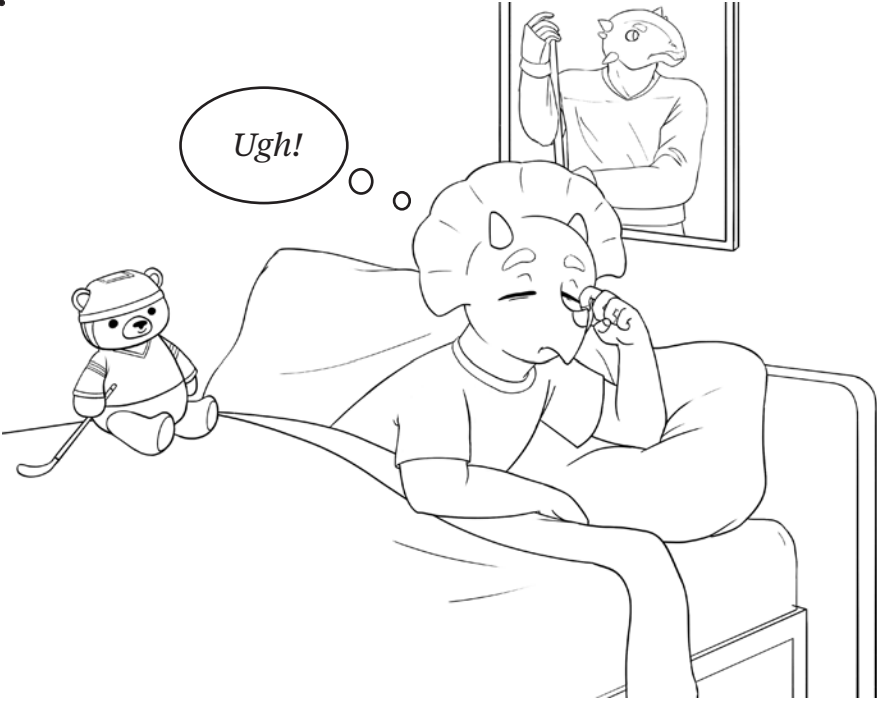
My mom, Myrtle, is the best. She's always there for me and drives me to all my games.

One day, while rushing to practice, I remembered I didn't tell my Mom we needed healthy snacks for the team.



Luckily, thanks to the Walgreens App, we made it just in time!

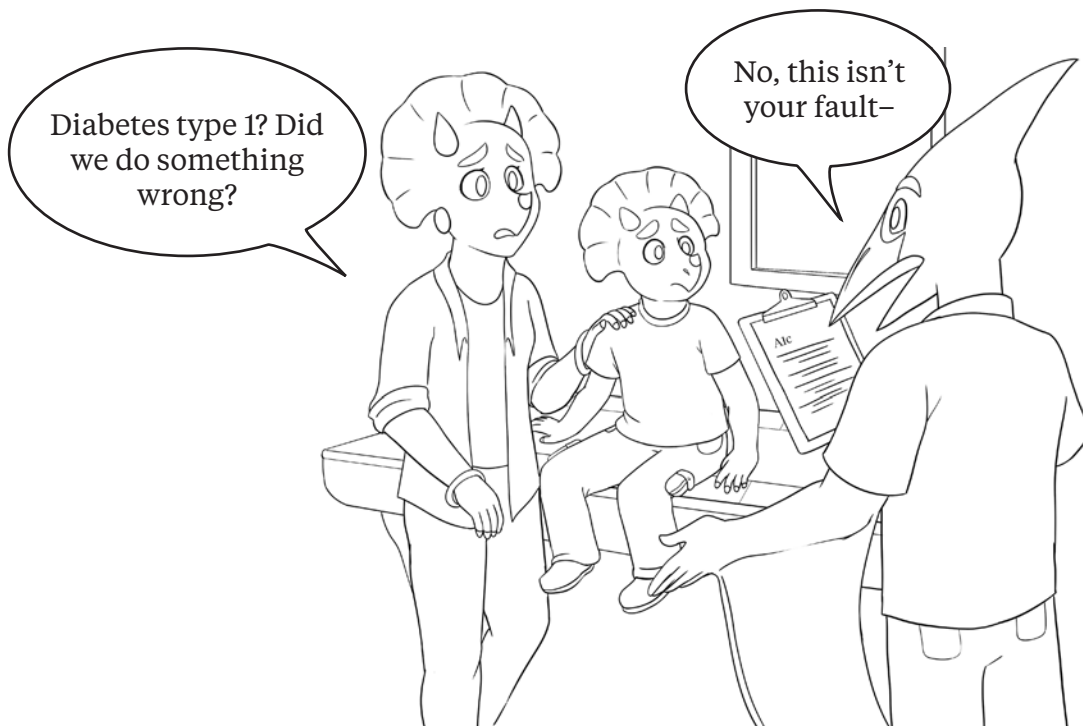
Everything seemed fine. I used to be full of energy all the time! Then, things changed. I started feeling tired easily—even jumping out of bed was hard.



I was always hungry and thirsty, and I was also losing weight—not cool!



So, Mom took me to the pediatrician. The doctor talked about the four Ts: Thirst, Toilet, Thinner, and Tiredness—common signs of type 1 diabetes (T1D) in kids. After some tests, I got my diagnosis.



Managing diabetes sounded scary. But Mom promised me that we could handle it.



After our doctor's appointment, we went to Walgreens with some prescriptions and a lot of questions. Everything was new to us, so we went to see Charles, our pharmacist.



He took our prescriptions and got everything ready. I was a bit worried, but Mom and Charles told me that I wasn't alone, which made me feel better.

Charles showed me the continuous glucose monitor (CGM), which looked like a cool gadget. He explained it's like a tiny spy under my skin that monitors blood sugar levels and sends information to my phone. I was curious!



Then Charles talked about the insulin pump. It gives me insulin throughout the day, which means fewer injections! That's a relief!

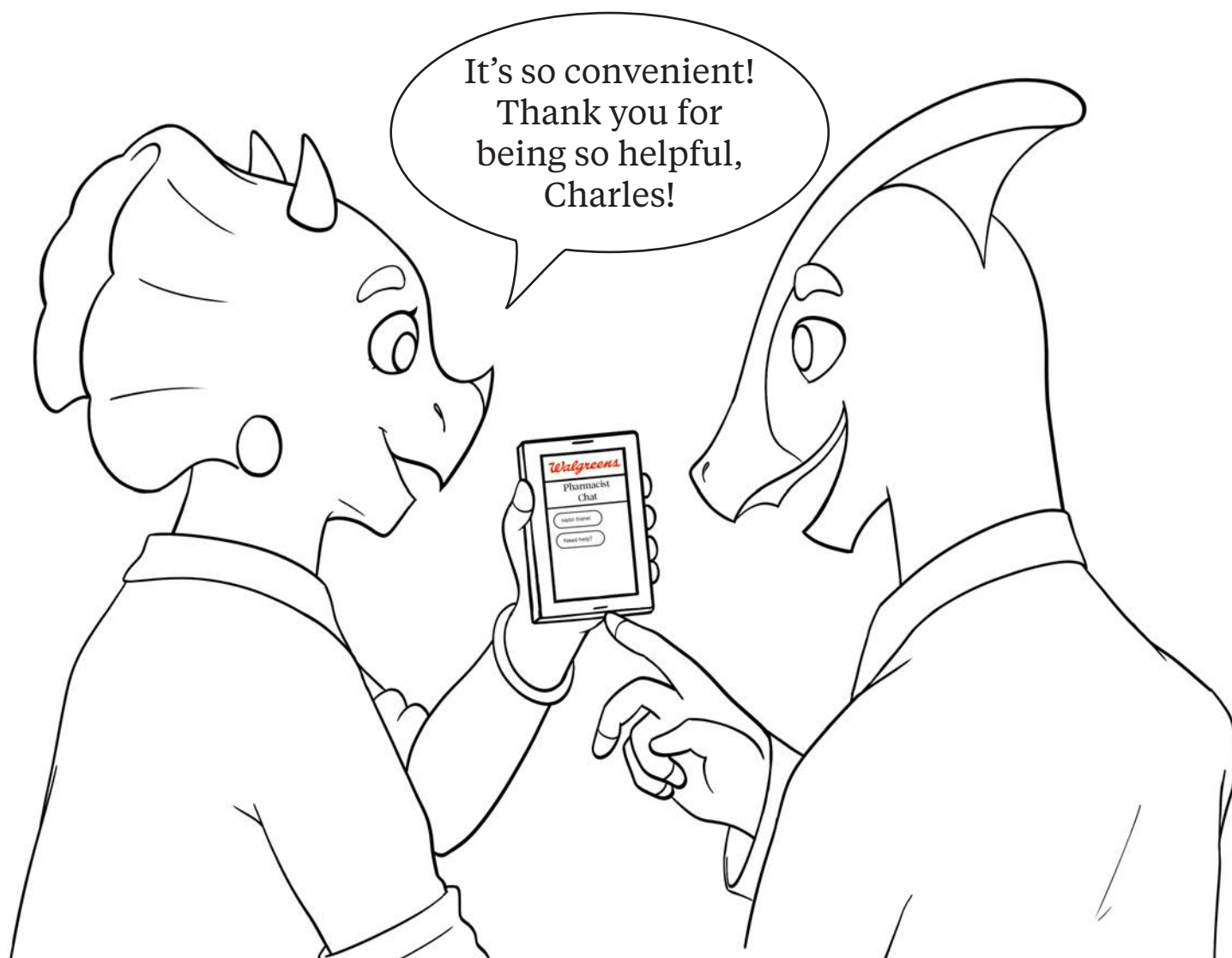


He also mentioned some backup tools for double-checking things, like the Walgreens blood glucose meter, lancets, and test strips.



With my new gear, I felt like a hero ready to take charge of diabetes

Charles told us we could use the Walgreens App to chat with a pharmacist if we had any questions.

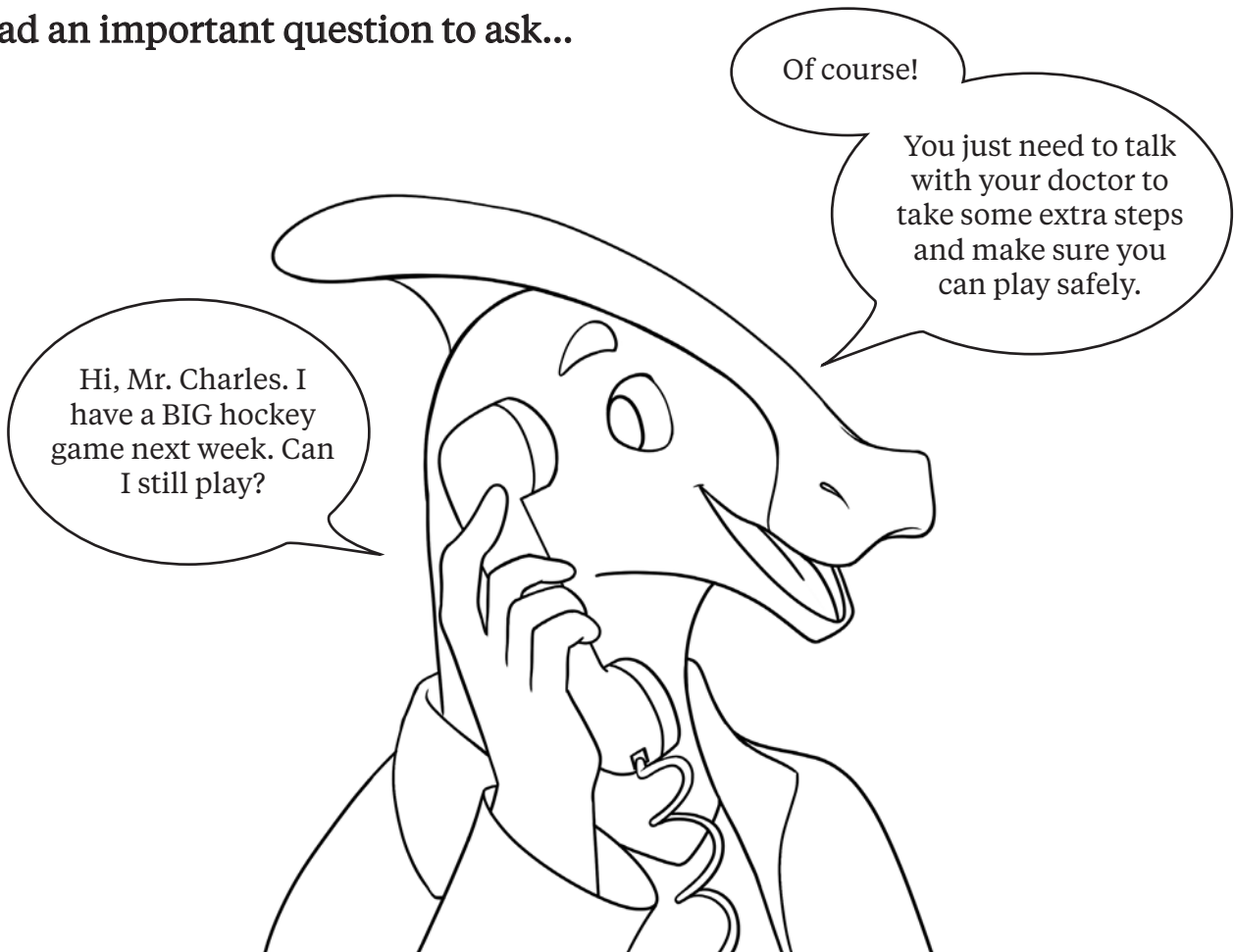


That's when Mom realized Walgreens was a part of our family.

We went home with our new gadgets. Mom read all the information and made notes. A few days later, Charles called to check on me.



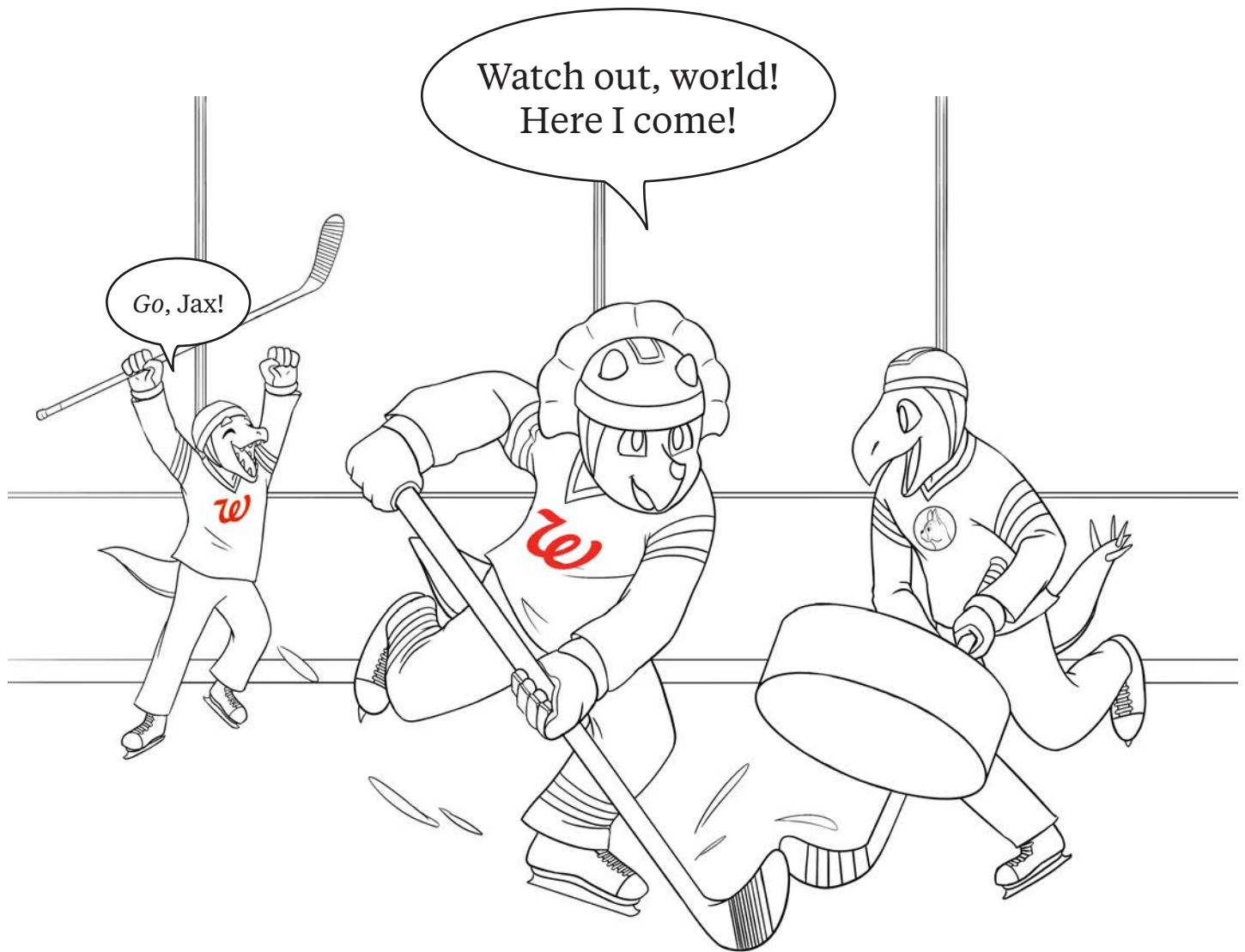
I had an important question to ask...



After making a game plan with my doctor, telling Coach about my T1D, and making sure I had everything I needed, I was ready to hit the ice again.



I was back in the rink with my friends, dreaming of becoming a pro!



Thanks for following my journey!

Remember, just like me, you can still do what you love and have fun!

Ready to take charge of diabetes, *together?*

At Walgreens, you'll find friendly faces who care about you, along with all the things you need. We empower kids and parents with educational resources, and personalized advice from our team of experts.

Come talk to us about



A1C & glucose level monitoring



Medication consultations



Vaccine & screening recommendations

FUN FACT!

The Walgreens Story: Meet The Real Charles and Myrtle



Imagine a time with no airplanes, phones, or internet. Back then, a curious man named Charles Walgreen became a pharmacist to make people feel better.

While working at a drugstore in Chicago, Charles met a kind and helpful lady named Myrtle. They both loved helping others, so they decided to get married and open their own store.

Charles was full of ideas. He even had a telephone in his store, which was rare back then. People called him to place their orders and had them delivered—all while still on the phone!

Myrtle was just as creative. She started selling sandwiches, soups, and baked goods, to help keep people warm during winter months. Customers loved the idea of grabbing a bite while picking up their medicine.

They even made their own chocolates and ice cream, way before refrigerators existed. They were true pioneers and together, built their drugstore into a big company with many stores, as you know it today.

And guess what? The characters you've been reading about in this story are named after this amazing couple! Just like them, Charles and Myrtle were kind, helpful, and always willing to lend a hand, making life easier for everyone around them.



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