

LIVE HEALTHY with diabetes



You or someone close to you may have diabetes or be at risk for developing diabetes. You can delay or even prevent the onset of Type 2 diabetes by maintaining a healthy lifestyle. If you have diabetes, there are actions you can take to control it. Work with your doctor to set up a treatment plan that's right for you.

Maintain a healthy lifestyle

- Maintain a healthy weight
- Exercise regularly
- Eat a healthy diet
- If you smoke, quit
- Get an annual flu shot
- Talk with your doctor about getting a Pneumonia Shot

Control your diabetes

- Have a comprehensive exam every year and periodic follow-up as directed
- Have your feet examined every year and know how to care for your feet
- Obtain a dilated retinal eye exam every year to check for diabetic retinopathy
- Get your blood pressure checked at each visit.
- Obtain lab tests as directed by your doctor such as blood glucose levels, Hemoglobin A1c, lipid profile and urine protein as directed by your doctor

For more information and resources on diabetes, visit myCigna.com or www.diabetes.org.

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