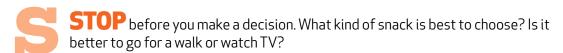
MANAGE YOUR DIABETES

with SILAIR

Learn all you can about how to take care of yourself and your diabetes. It's important to follow your treatment plan.

- Eat healthy and exercise
- Remember to take your medicine
- Check your blood sugar (also called glucose)

Managing diabetes means making choices—some easy, some hard. When faced with a decision, think STAR:



THINK about your choices before you act. How will they affect you and your diabetes care plan? For example, a piece a fruit will affect your blood sugar level differently than a bag of chips.

ACT on the better choice for your health. Remember, change is slow. No one expects you to always choose the healthier option. Small steps add up to big results!

REFLECT on your progress. Give yourself credit when you make a healthy choice. If you choose the bag of chips, think about what you can do to make up for your extra calories. How can you make a different decision next time?

Over time, it gets easier to make healthy choices. Try to make healthy changes as a family. Review your progress together.