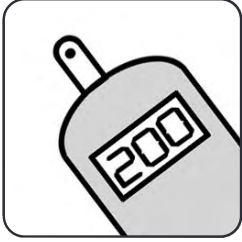




# Routine Self-Care

There are 9 things that you can do each day to take care of your diabetes.



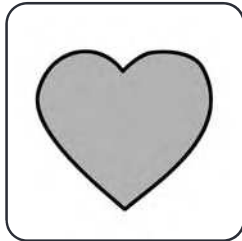
Check Your Blood Sugar



Exercise



Follow a Meal Plan



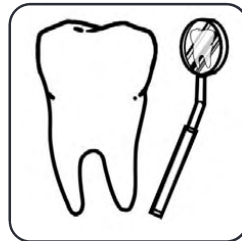
Take Care of Your Heart



Take Your Medicine



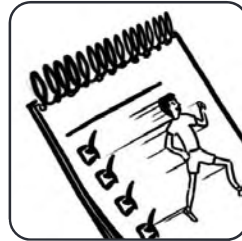
Take Care of Your Feet



Take Care of Your Teeth



Manage Stress



Create an Action Plan to Stay Healthy