

MY DIABETES CARE PLAN

With your coach, your doctor, and your diabetes-care team, you should create a diabetes-care plan that includes:

- Your goals
 - Short-term
 - Long-term
- The medications you will take to manage your diabetes.
- Your meal plan
- Suggested changes for healthier living, such as getting more exercise
- How and when to measure and record your blood glucose
- When to see your eye and foot doctors
- When to schedule follow-up visits
- A plan for sick days