

# HERE'S TO HEALTH



## CONTROL IS THE GOAL diabetes program



# HEALTHY HABITS

### Make healthy food choices.

Learn to eat for the goals you have. You don't have to give up the foods you enjoy or stop eating carbohydrates.



### Keep moving.

Regular exercise has many health benefits such as lowering cholesterol, improving blood pressure, decreasing stress and anxiety, and keeping blood sugar levels in control.

### Regularly monitor your levels.

Checking blood sugar levels regularly can help you and your healthcare team reach your blood sugar goals.



### Take your medication.

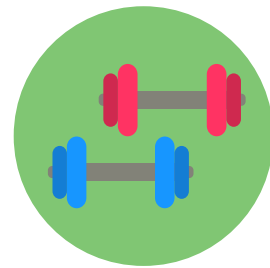
Taking medications appropriately can assist in reducing your risk of diabetic complications.

### Practice problem-solving.

You can't plan for everything that you may face; however, developing problem-solving skills can help prepare you for managing the unexpected.

### Learn healthy coping habits.

Having periods of mixed feelings related to your diabetes is natural. It is important to address these emotions and take the steps to reduce the impact they may have on your self-care.



### Reduce risks.

Diabetes puts you at risk for developing other health concerns. It is important to understand what those risks are and begin to take the steps to lower your chance of these diabetes-related complications.

The Control is the Goal program is designed to provide additional support and assistance for participants diagnosed with diabetes.

**Enroll online at [teachershealthtrust.org](https://teachershealthtrust.org)!**