



Take Action!

Check the steps you will take to prevent or control diabetes.

Find out if you have diabetes.

Get your blood glucose level checked.

Get your blood pressure checked.

Get your blood cholesterol checked.

If you have diabetes, get your A1C checked twice a year.

Lose weight if you are overweight. Losing 10 pounds will help your heart.

Be physically active for 30 to 60 minutes on most days.

Eat foods lower in fat, calories, and sodium.

Take the “My Heart Health Card” to your next doctor’s appointment. Be sure to have it filled out.



You can help yourself, your family, and your community. It all starts with a few simple lifestyle changes.