

## 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 weight will help your heart.
- Be physically active for 30 to 60 minutes on most days.
- Eat foods lower in fat and calories.
- 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.**

