

ChangingDiabetes-us.com

### Meal Planning Tools

Recipes and much more to help you create great meals.

### Managing Diabetes

Taking medication, checking blood sugar tips, problem-solving, and working with your doctor.

### Learning About Diabetes

What is diabetes, signs and symptoms, how to treat, and Q&As about diabetes.

### Diabetes Care Plan

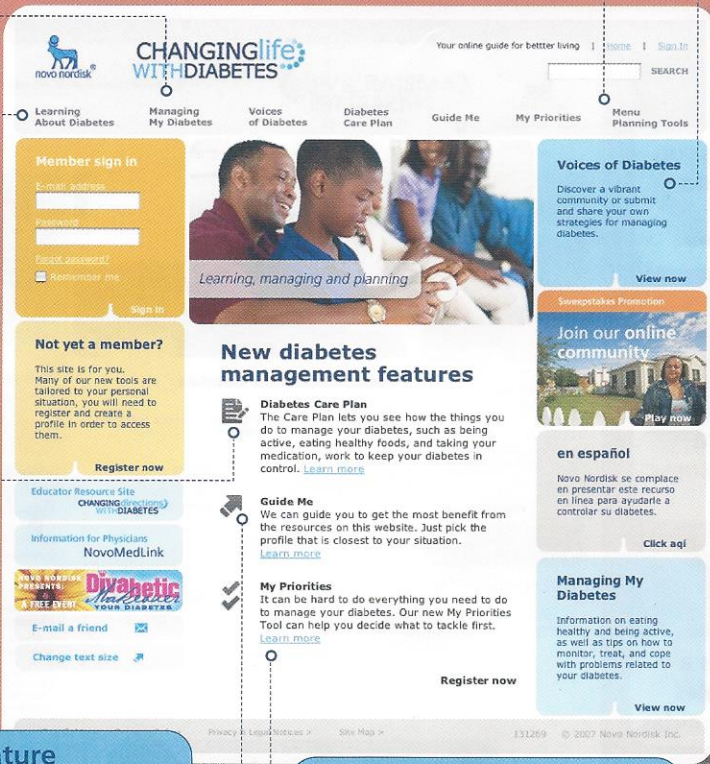
Create your personal care plan, track your goals, set care date alerts, and more.

### Guide Me Feature

Helps members get the most benefit from the many resources on the site.

### My Priorities

A plan to help you reach your goals based on your profile.



### Voices of Diabetes –

Join the *Voices of Diabetes* online community where people living with diabetes share their stories on how to live a full life with diabetes.



### Novo Nordisk Tip Line –

Another FREE program to help you manage your diabetes. Call 1-800-260-3730 to hear information on a number of diabetes self-care topics.

**Diabetes Self-Care Fact Sheets** – throughout the website you will find a range of self-care topics in an easy to read and print format.

- What is Diabetes?
- Type 2 Diabetes and Insulin
- Gestational Diabetes
- Checking Blood Glucose
- Hypoglycemia/Hyperglycemia
- Foot Care
- Leg Exercises



Join *Changing Life With Diabetes* today at [ChangingDiabetes-us.com](http://ChangingDiabetes-us.com).