

Living with diabetes

Your guide to healthy eating, being active,
and taking medicines





Diabetes Health Coach

Tamara
Actual Diabetes
Health Coach

Get **FREE** coaching and support to help manage your diabetes

- There's no need to manage diabetes on your own. This program provides **FREE**, one-on-one support for up to 6 months*
- Each week, based on your needs and schedule, your personal Diabetes Health Coach will connect with you to discuss diabetes topics that matter to you
- You will also receive helpful emails and videos, and you can exchange text messages
- Your Diabetes Health Coach will provide tips and reminders to reinforce the goals set with your diabetes care team
- Available in English and Spanish



Call to sign up today!

1-877-322-0281

(option 2 for Spanish)

Monday to Friday from
9:00 AM to 6:00 PM EST

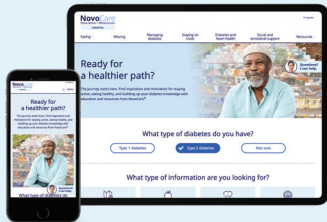
*Some features are for people starting certain Novo Nordisk products.

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This booklet gives you information about how to live well with diabetes. Use it to help manage your diabetes by eating healthy, being active, and taking medicines, when needed. If you have questions, be sure to reach out to your diabetes care team.

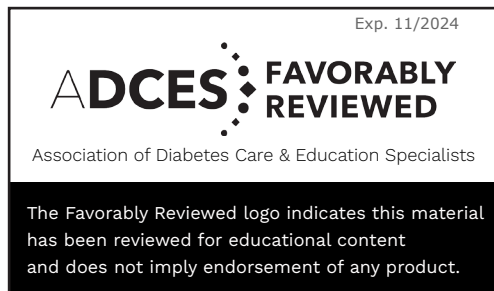
Look for this symbol throughout the booklet



Visit NovoCare.com from your smartphone, tablet, or computer for more information and support.

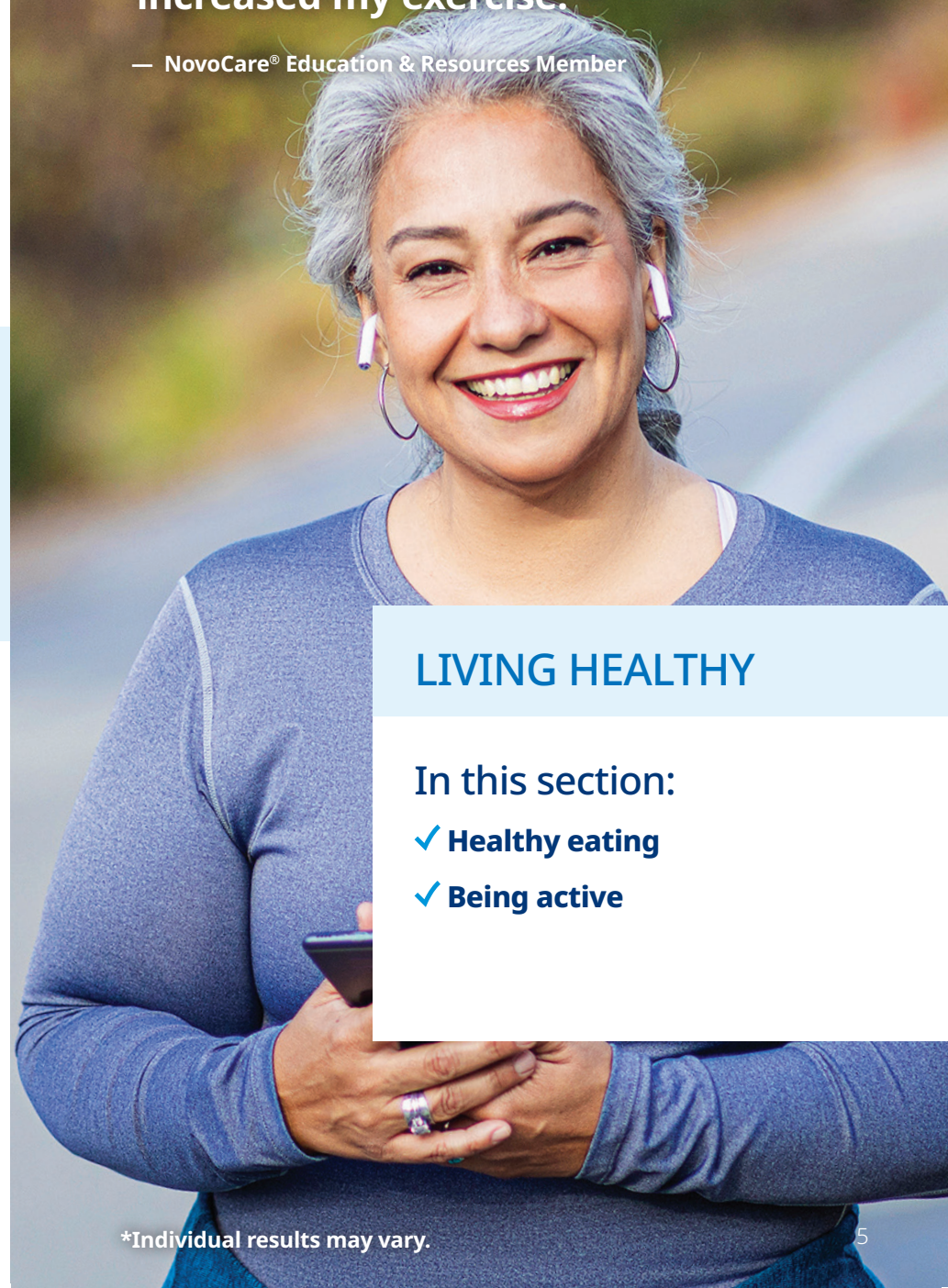
Also available in Spanish at espanol.Cornerstones4Care.com

This booklet is consistent with American Diabetes Association educational materials, including the Standards of Medical Care in Diabetes. This booklet does not replace the advice of your diabetes care team. Be sure to talk with your diabetes care team about a diabetes care plan that is right for you.



"It takes perseverance and determination, but I've improved my eating habits and increased my exercise."*

— NovoCare® Education & Resources Member



LIVING HEALTHY

In this section:

- ✓ Healthy eating
- ✓ Being active


*Individual results may vary.

Healthy eating

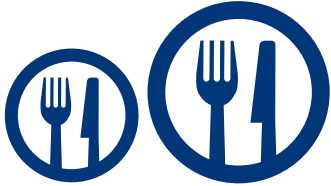
Healthy eating is an important part of managing your diabetes along with being active and taking medicines, if needed. Why? Because what, when, and how much you eat affects your blood glucose (*blood sugar*). It's also affected by how active you are.

Healthy eating is when you:

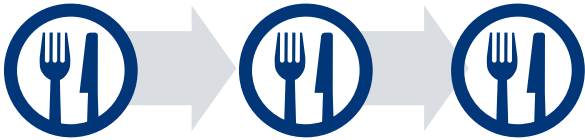
Eat a wide variety of foods each day




Watch your portion sizes



Space your meals evenly throughout the day



Don't skip meals






Your diabetes care team may suggest that you follow a healthy-eating plan. This plan can help you manage your:

	Blood glucose levels		Cholesterol levels
	Weight		Blood pressure

When these things are managed, you may prevent or slow down the chance of getting other health problems.

 Visit NovoCare.com to learn more about the benefits of eating healthy with diabetes.

Creating an eating plan

Knowing what to eat can be confusing when you're trying to eat healthy with diabetes. There are many different eating patterns that can help you manage your diabetes. The Mediterranean style, low-carbohydrate, and vegetarian are examples of eating patterns that have shown benefits for people with type 2 diabetes.

No matter what type of cuisine you prefer, be sure to:

- Add lots of non-starchy vegetables
- Limit added sugars and refined grains
- Choose whole foods over processed foods

Ask your diabetes care team for the booklet, *Meal planning and carb counting*. You can learn more about different types of eating plans and carb counting with diabetes. This booklet offers helpful tools and food lists to help you make healthy choices when planning meals or on the go.



A typical healthy eating plan includes:

Complex carbohydrates, such as whole-grain bread, oats, and brown or wild rice



Fiber, which is found in beans, whole grains, fruits, and vegetables



Lean protein, such as chicken (without skin), fish, tofu, and eggs



Non-starchy vegetables, such as broccoli, carrots, and leafy greens



Low-fat dairy products, such as milk, yogurt, and calcium fortified plant-based milk



Heart-healthy fats, such as olive or canola oil, nuts, and seeds



There are many different kinds of eating plans to help manage diabetes. Work with your diabetes care team to find a plan that's right for you.

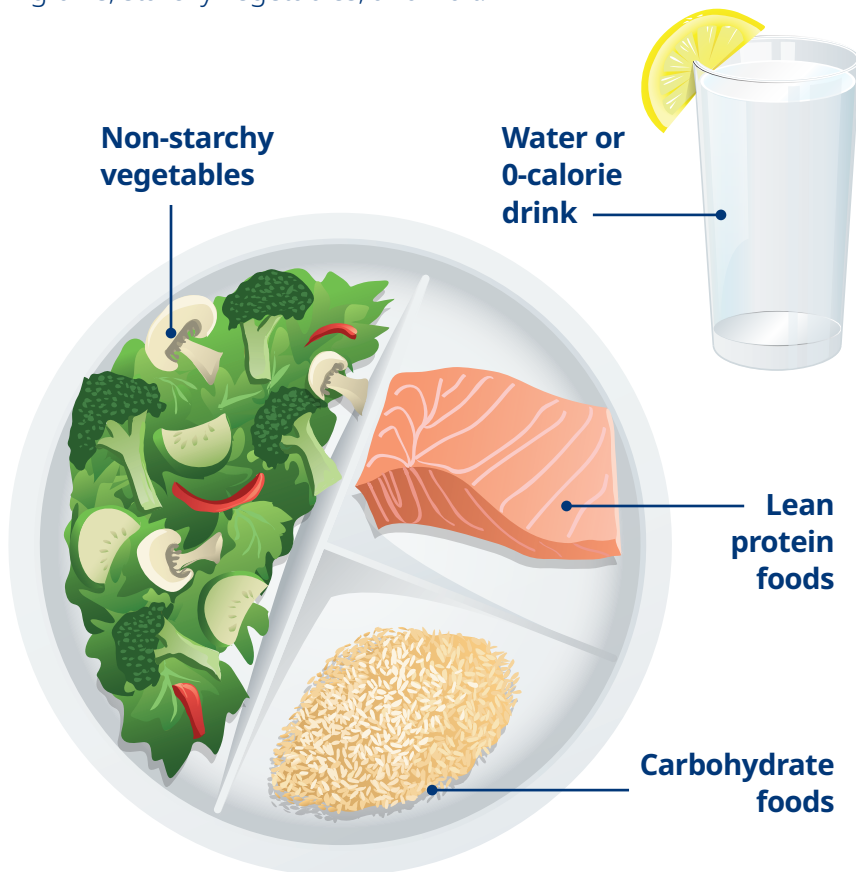


Visit [NovoCare.com](https://www.novocare.com) for healthy recipes and to find out more about creating well-balanced meals.

Meal planning

A good place to start is to try the plate method of meal planning. You use your plate as a guide to create healthy meals. This is a simple way to manage portion sizes and eat balanced meals.

Start with a 9-inch plate and imagine you have split the plate in half. Fill one half with non-starchy vegetables such as salad, broccoli, and green beans. Then divide the other half again into two parts. Fill one part with lean proteins such as chicken, tofu, or beans and the other part with carbohydrate foods such as grains, starchy vegetables, and fruit.



Tips for healthy eating

Following these tips may help you make good food choices and follow your eating plan:

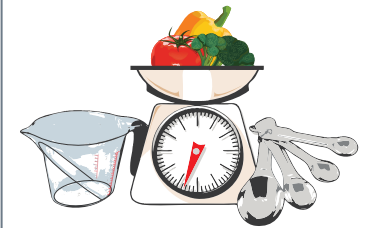
Read food labels

Be sure to check the serving size and the amount of carbs, fiber, and added sugar.



Measure each serving

Measuring helps you see if your portion sizes are the right amount.



Be carb smart

When you eat carbs, your blood glucose level rises. So it's important to be aware of what you eat. This is especially true if you take diabetes medicines including insulin.



Set goals

Start with simple goals, such as trying a new recipe or adding more fiber to some of your meals. You can add other goals as you go.



Visit [NovoCare.com](https://www.novocare.com) to learn more about carbohydrates and how they affect your blood glucose.



Being active

With diabetes, being active and eating healthy work together. Being active may help manage your blood glucose levels. It's also good for your overall health.

Physical activity helps:

- ✓ Lower your blood glucose
- ✓ Burn calories to help manage your weight
- ✓ Improve your heart health
- ✓ Give you energy
- ✓ Lower your blood pressure and cholesterol
- ✓ Lower stress
- ✓ Improve your sleep

Starting an activity program

If you haven't been very active, it's best to start slowly. Try 5 or 10 minutes a day. Then, increase your activity sessions by a few minutes each week. Over time your fitness will improve, and you will be able to do more.

The American Diabetes Association (ADA) recommends being active for 2½ hours (150 minutes) or more a week. To get the greatest benefits, do your activity until you develop at least a light sweat. Spread out the activity over 3 or more days a week and try not to go more than two days in a row without activity. The ADA also recommends doing resistance exercise (exercise with weights or weight machines) 2 to 3 times per week, with a rest day in between.

Flexibility and balance exercises, such as yoga and tai chi, are recommended for older adults. Aim for 2 to 3 times a week to help with range of motion, muscle strength, and balance.

Choosing an activity

Just about anything that gets you moving is good. Choose activities you enjoy, so you don't give up. You may want to try something new with a friend or family member. You can support and motivate each other to keep going.

Some activities you might want to try:



Brisk walk or jog



Swim or play a sport



Take a hike or ride a bike



Dance or do yoga

Always talk with your doctor before starting or changing your physical activity.

Break up long periods of time you spend sitting. It's a good idea to get up and move around every 30 minutes.



Visit [NovoCare.com](https://www.novocare.com) for tips to start or stick to your diabetes exercise plan.

Finding time

You may not think you have the time to add 30 minutes of activity a day. But you can break it up into sessions of 10 minutes or more.

For example, you might take a 10-minute walk after each meal. Or you could try a 15-minute bike ride in the morning and another 15-minute ride at night.

Simple ways to add activity

Being active can be easy. Try taking small, active steps each day that can add up to a lot of activity by the end of a week! Here are some examples:

At work

Park far away, take the stairs, walk at lunch, try chair exercises



At home

Walk with a friend or pet, do yardwork or garden, clean the house, go up and down the stairs, get up and move during commercials when watching TV



When you're out

Walk in a park or at the mall, take a yoga class, dance with a partner, stop and stretch on long drives



Safety tips

Follow these simple tips to stay safe during exercise:

- Talk to your care team about what activities are safe for you
- Bring a fast-acting carb snack, such as fruit juice or raisins, in case your blood glucose gets too low
- Drink plenty of water
- Protect your feet. Always wear shoes and socks. Check your feet before and after being active. If you injure your feet, let your diabetes care team know right away
- Stop if you feel any pain, shortness of breath, or light-headedness



Visit [NovoCare.com](https://www.novocare.com) to learn more about why moving with diabetes matters so much.

Where healthy meets delicious!



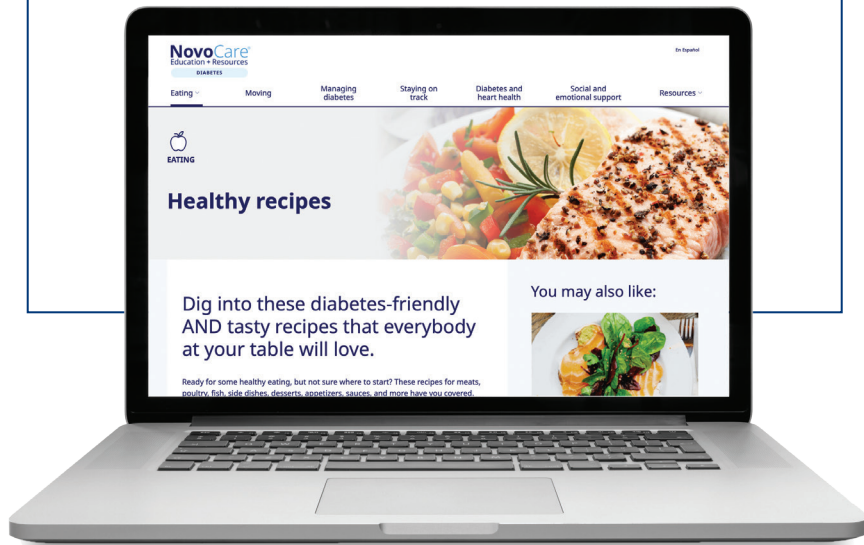
Looking for a new diabetes-friendly recipe that everybody at your table will enjoy?

So many tasty recipes to choose from:

- Lite bites
- Soups and salads
- Side dishes
- Comfort foods
- Main dishes
- Drinks and sweets

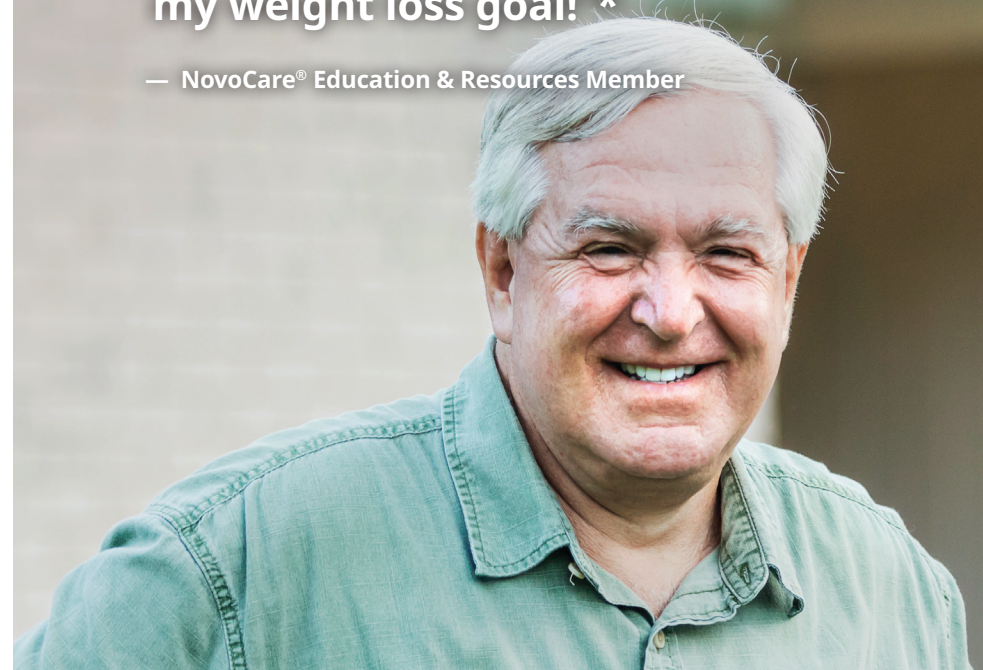


Visit **NovoCare.com** and try something new today!



“Thanks to my medication, food choices, and exercise I’ve reached my weight loss goal!”*

— NovoCare® Education & Resources Member



TAKING MEDICINE

In this section:

- ✓ **Diabetes medicines**
- ✓ **Use and care of injectables**

*Individual results may vary.

Diabetes medicines

Diabetes changes over time. At some point, meal planning, weight loss, and exercising may not be enough to manage your blood glucose. Your treatment may need to change too. You might need to take a medicine for diabetes if:

- Your daily blood glucose levels stay above your goal range
- Your average blood glucose level over the past 3 months is still too high



- You use a continuous glucose monitor, or CGM, and you do not spend enough time in your target glucose range

The American Diabetes Association recommends many different types of medicines that work in different ways to help lower your blood glucose. Sometimes one medicine will be enough, but in other cases, you may be prescribed a combination of medicines.

Learning about the different types of diabetes medicines may help you talk with your diabetes care team about treatment options. Together you can decide what type of medicine is right for you.

Type 2 diabetes medicines work in different ways in the body to help manage blood glucose levels including:

Help improve the body's response to insulin

Biguanides

Help improve the liver, muscle, and fat cells' response to insulin

TZDs

Lower the amount of glucose the liver releases

Biguanides, TZDs, GIP/GLP-1 RA, GLP-1 RAs

Slow down the digestion of food

GIP/GLP-1 RA, GLP-1 RAs, AGIs, Amylin analog

Help the kidneys to get rid of extra glucose in the urine

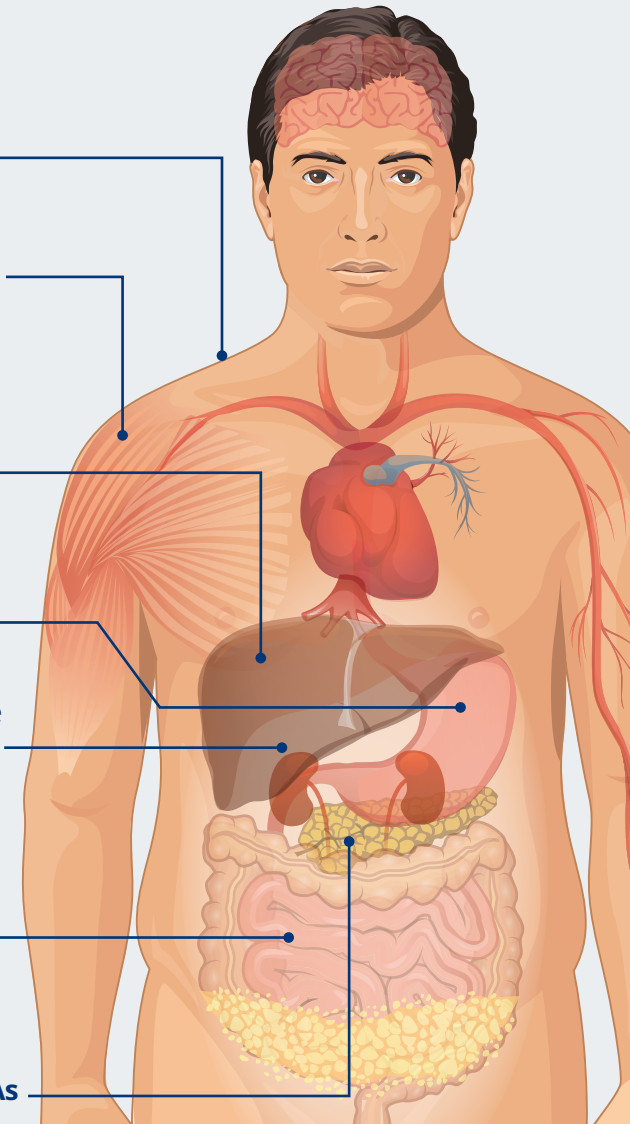
SGLT-2 inhibitors

Help prevent the breakdown of GLP-1, a hormone produced in the intestines

DPP-4 inhibitors

Help the pancreas release more insulin

Sulfonylureas, GIP/GLP-1 RA, GLP-1 RAs



Visit [NovoCare.com](https://www.novocare.com) to learn more about how different diabetes medicines work in your body.

Diabetes pills

There are many types of diabetes pills for people with type 2 diabetes. Pills work best when used along with meal planning and exercise.



Diabetes pills are not for everyone. They may not lower blood glucose enough. Or they may stop working after a few months or years. This doesn't mean your diabetes is worse. And it doesn't mean you have done anything wrong. It means your body has changed. You may need to try more than one type of pill, a combination of pills, injectable medicines, or pills and injectable medicines.

Each type of diabetes pill works in different ways to lower your blood glucose. Talk with your diabetes care team about what type of diabetes medicine might be right for you. Be sure to tell your doctor about any other medicines you take.



Diabetes medicines you inject

In addition to diabetes pills, there are two types of diabetes medicines that are injected under the skin. They are *non-insulin injectable medicines* and *insulin*.

Non-insulin injectable medicines are taken using a pen.



Insulin is taken using a vial and syringe, pen, or insulin pump.



For more information about insulin, see page 25.

Diabetes medicines

Talk with your diabetes care team to understand what medicine is being prescribed and how it works. Some, but not all, side effects are listed for the diabetes medicines in this section. It is important to discuss this with your diabetes care team and review the leaflet that comes with your medicine.

Biguanides (metformin)

What should I know about it?

- These pills reduce the amount of glucose that the liver releases
- These pills can also help improve the body's ability to respond to insulin by helping to make the cells in your muscles more sensitive to insulin

Some side effects:

- These pills can cause nausea and diarrhea



Visit NovoCare.com to learn more about how medicines can help you manage your diabetes.

SGLT-2 inhibitors

Sodium-glucose cotransporter-2 inhibitors

What should I know about it?

- Glucose in the blood is filtered by the kidneys and is either excreted or reabsorbed back into the blood
- An enzyme in the kidneys called SGLT-2 works to reabsorb the glucose into the body
- SGLT-2 inhibitors block the reabsorption of glucose into the blood and leave it in the urine

Some side effects:

- These pills may cause dehydration, low blood pressure, and urinary tract infections

GLP-1 RAs and GIP/GLP-1 RAs

Glucose-dependent insulinotropic polypeptide and glucagon-like peptide-1 receptor agonists

What should I know about it?

- GLP-1 RAs come in multiple formulations
- These medicines can help the pancreas release more insulin when blood glucose levels are high
- They keep the liver from making too much glucose when blood glucose levels are high
- These medicines also slow down movement of food leaving the stomach

Some side effects:

- These medicines may cause nausea, vomiting, diarrhea, and injection site reactions

DPP-4 inhibitors

Dipeptidyl peptidase-4 inhibitors

What should I know about it?

- These pills prevent the breakdown of the hormone GLP-1
- The body's natural GLP-1 helps to lower blood glucose levels, but it is broken down very quickly
- By blocking the breakdown of GLP-1, these pills allow GLP-1 to remain active in the body longer
- This means glucose levels are lowered only when they are too high

Some side effects:

- These pills may cause joint pain

TZDs

Thiazolidinediones

What should I know about it?

- These pills help insulin work better in muscle, fat, and also reduce glucose production in the liver
- These pills improve the body's response to the insulin that it already makes
- This means that more glucose leaves the blood and enters the muscles and fat cells, where it belongs

Some side effects:

- These pills may cause weight gain, swelling, and increased risk of bone fractures



Visit [NovoCare.com](https://www.novocare.com) to learn more about your medicine options.

Sulfonylureas

What should I know about it?

- These pills help the beta cells in the pancreas release insulin, resulting in a lowering of blood glucose levels

Some side effects:

- There are increased risks for low blood glucose and weight gain with these medicines

Amylin analog

What should I know about it?

- This injectable medicine keeps the liver from making too much glucose
- Slows down movement of food leaving the stomach
- May suppress appetite

Some side effects:

- This medicine may cause nausea

Your diabetes care team can help you find ways to manage side effects of diabetes medicines. To learn more about possible side effects, talk with your diabetes care team.

Insulin basics

Many people with type 2 diabetes eventually need and benefit from taking insulin. The need for insulin can depend on:

- How long you have had diabetes
- How high your average blood glucose level is
- What other medicines you take
- Your overall health

Insulin you inject works like your body's own insulin. It lowers blood glucose levels by helping glucose move from the blood into your cells. Insulin cannot be taken as a pill. This is because the acid in your stomach would break it down during digestion, just like the protein in food. So, insulin is usually injected for your body to be able to use it. An inhaled insulin is also available.

Insulin

(analog, human insulin)

What should I know about it?

- This injectable medicine helps glucose move from the blood into the body's cells

Some side effects:

- There are increased risks for low blood glucose, weight gain, and injection site reactions



Visit [NovoCare.com](https://www.novocare.com) to take a closer look at treatments for type 2 diabetes.



Types of insulin

There are many types of insulin. Each type affects blood glucose in different ways to match how the body should release insulin on its own.

Insulin has 3 characteristics:

- **Onset** is how long it takes for the insulin to start lowering blood glucose
- **Peak** is the time period when the insulin is at its maximum strength
- **Duration** is how long the insulin continues to work

Each type of insulin helps manage your blood glucose levels. There is not one type that is right for everyone. Each person's insulin need is different. Some people with type 2 diabetes may use two different types of insulin. And your insulin needs may change over time. If you need insulin, you and your diabetes care team will select the type that's right for you.

Onset	Peak	Duration
Rapid-acting insulin		
15 minutes	1 or 2 hours	2 to 4 hours
Regular or short-acting insulin		
30 minutes	2 to 3 hours	3 to 6 hours
Intermediate-acting insulin		
2 to 4 hours	4 to 12 hours	12 to 18 hours
Long-acting insulin		
Up to several hours	Is relatively steady over time	Up to 24-hours or longer
Premixed		
Specific amounts of intermediate-acting and rapid- or short-acting insulin in one bottle or insulin pen		

All times shown are approximate. Check your medicine label for more information.



Visit [NovoCare.com](https://www.novocare.com) to learn more about your insulin options.

What is an insulin plan?

Everyone who takes insulin needs a personal insulin plan. Your diabetes care team will help you make a plan that works for you.

Your plan will tell you:

- ✓ What type of insulin to take
- ✓ How much insulin to take
- ✓ When to take it
- ✓ How often to check your blood glucose levels

Your plan will be based on many things, such as:

- ✓ When and how much you eat
- ✓ Your current blood glucose level
- ✓ Your level of physical activity
- ✓ Your lifestyle
- ✓ Your other medicines

Combination therapy

Diabetes changes over time. At some point you may need more than one diabetes medicine even if you have been following your treatment plan. Many people use insulin or a medicine that helps the body make more insulin **plus** a medicine that helps the body use insulin better. This is called *combination therapy*.

Other medicines you may take

Diabetes can affect many parts of your body. This includes your heart, blood vessels, nerves, eyes, and kidneys. You may also need to take medicines for other health conditions, to help:

- Lower blood pressure
- Lower cholesterol
- Lower risk of heart attack
- Stay healthy with vaccinations (including influenza, pneumonia, and COVID-19)



Visit [NovoCare.com](https://www.novocare.com) for information about programs that may help make medicines more affordable.

Use and care of injectables

You may be nervous about the idea of giving yourself injections. Many people are. But once you learn how to do it, you'll soon see that it's not nearly as scary as you may have thought. Talk with your diabetes care team about your options for managing your diabetes. Be sure to tell them any concerns you may have.

Types of injection devices

There are different options to inject insulin and non-insulin injectable medicines. Talk with your diabetes care team about which injection device is right for you.

Pen device



A pen device looks like a writing pen. Pens can be used for both non-insulin injectable medicines and insulin. Pen devices are used with pen needles which are often shorter than those used with many syringes. The dosing dial on a pen helps you see the amount of medicine you are injecting. Pens vary in how they are used. Your diabetes care team can help you learn how to use the pen that's best for you.

Connected insulin delivery device

Sometimes called a "smart insulin pen," this pen is connected to an intuitive smart phone app. It can calculate and track doses, as well as give you reminders, alerts, and reports. This type of device is helpful for people who have trouble calculating insulin doses.



Needle and syringe

Many people with diabetes take insulin with a disposable plastic syringe. You stick the needle into a vial of insulin and draw up your dose. Your medicine is then injected into the fat below the skin. Your diabetes care team can help you choose a syringe and needle size that is best for you.



Insulin pump

Insulin pumps help manage diabetes by delivering insulin as needed 24 hours a day. Insulin pumps send insulin through a small, flexible tube (called a *catheter*) which goes under the skin. Pumps can be programmed to release small doses of insulin continuously. They can also release a dose close to mealtimes to manage blood glucose levels after a meal. This system is most like how the body should release insulin.

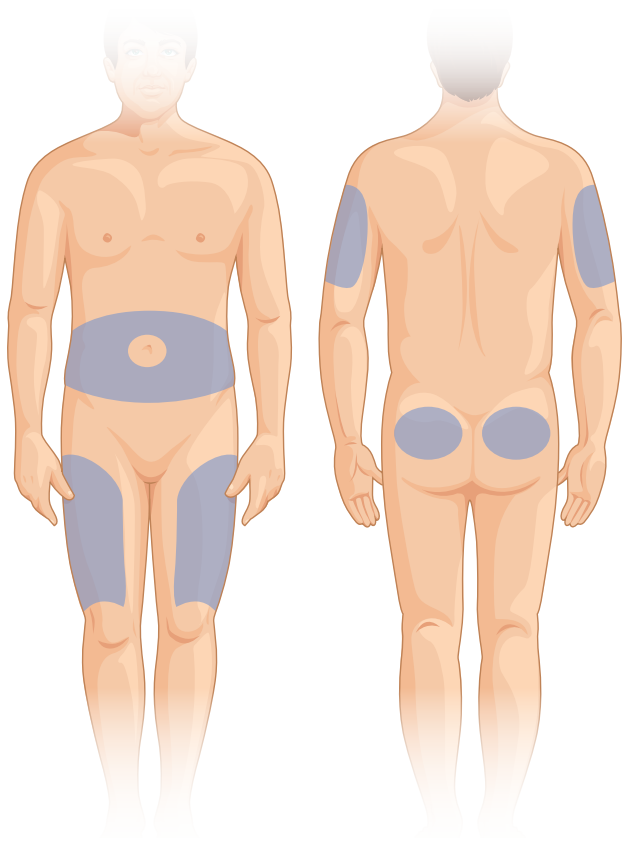


Visit [NovoCare.com](https://www.novocare.com) to read about the latest technology in pen needles and insulin pumps.

Where to inject

Injections of diabetes medicines are most often given in the layer of fat just under the skin in these areas of the body:

- Abdomen (except a 2-inch circle around your belly button)
- Thighs (outer parts)
- Back of upper arms
- Buttocks



Please refer to your individual instructions for use on how to take your medicine.

The place on your body where you inject can affect how well the medicine works. Some diabetes medicines may work better if you inject them in the same general areas each day. For instance, you can inject them in the abdomen each morning and in the thigh at bedtime. To avoid lumps or buildup of scar tissue, they should not be injected in the same exact spot each day.

Talk with your diabetes care team about where and how to inject your diabetes medicine.

If you are using insulin from a vial, always check it before you inject it. Call your doctor if your insulin looks different from how it should.

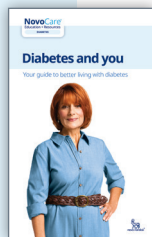


Visit [NovoCare.com](https://www.novocare.com) to learn more about injecting diabetes medicines.

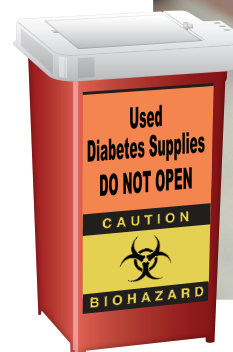
Storage

Always check the package insert for all of your medicines. Storage information can be different for each medicine. Here are some general tips for storing injectable diabetes medicines:

- Follow the instructions on the label
- Keep new, unopened containers in the refrigerator but not too close to the cooling element
- Do not freeze injectable diabetes medicine, and do not use it if it has been frozen
- It's usually okay to store injectable medicine at room temperature for a certain amount of time after you have opened it, but check the label to make sure
- Do not let injectable medicine become too hot or too cold
- Keep injectable medicine out of bright light and sunlight
- Do not store injectable medicine in the glove compartment of a car
- Do not use injectable medicine after the expiration date on the label



Ask your diabetes care team for the booklet, *Diabetes and you*. It gives you key information about diabetes, blood glucose goals, problem solving, and healthy coping. It also offers tools and resources to help you manage your diabetes.



Disposal

To get rid of used diabetes supplies, put needles and any empty disposable pens in a sharps container. You can also use a hard plastic or metal container with a screw top, such as a detergent bottle or empty coffee can. These containers should be sealed and disposed of the right way.

Check with your diabetes care team about the right way to throw away used syringes and needles. There may be local or state laws about this. Never throw away used needles and syringes in household trash or recycling bins.



Visit [NovoCare.com](https://www.novocare.com) for more information about caring for your diabetes medicines.

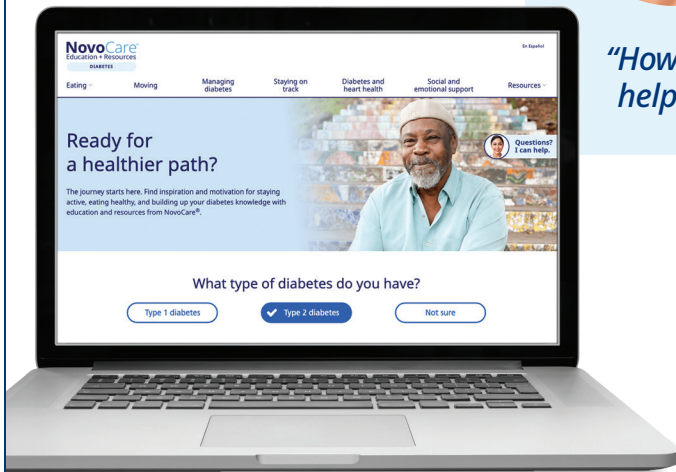


Go to **NovoCare.com** to **Ask Sophia!** She is a digital assistant that can answer questions about diabetes and so much more!

Ask Sophia!

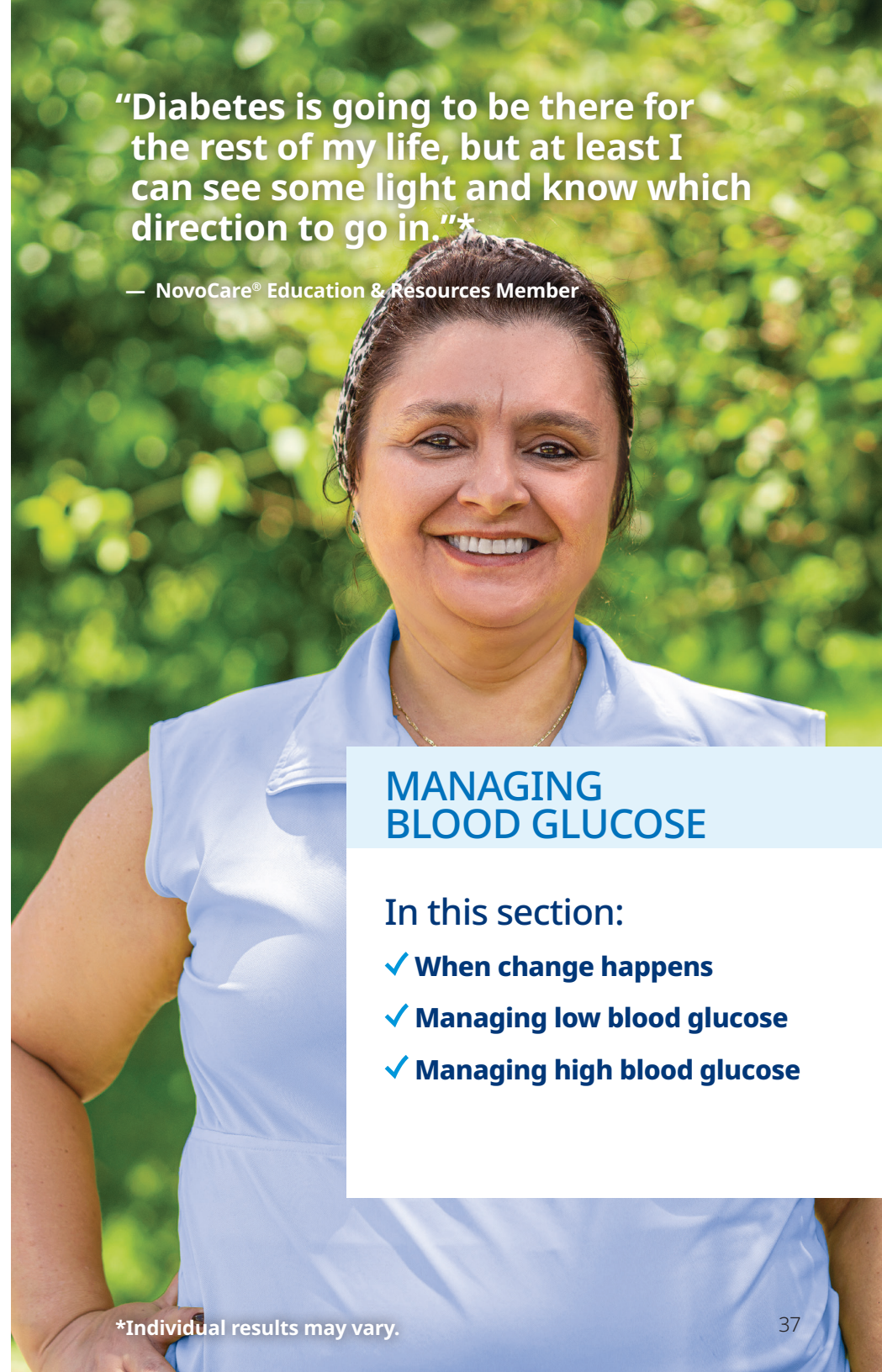


"How may I help you?"



"Diabetes is going to be there for the rest of my life, but at least I can see some light and know which direction to go in."*

— NovoCare® Education & Resources Member



MANAGING BLOOD GLUCOSE

In this section:

- ✓ When change happens
- ✓ Managing low blood glucose
- ✓ Managing high blood glucose

*Individual results may vary.

When change happens

Checking your blood glucose levels can show you how food, activity, and medicines affect it. There may be times when you have low or high blood glucose. Be sure to write down any episodes of low or high blood glucose or log them in an app. Then talk with your diabetes care team about why it may have happened.

You and your diabetes care team will set blood glucose goals that are right for you. It is important to know what your goals are and what to do if your blood glucose is too high or too low. Write down your goals here.



My blood glucose goals

Before meals:

1-2 hours after a meal:



For most nonpregnant adults with diabetes
the ADA recommends:

Blood glucose levels
between 80-130 mg/dL
before meals

Blood glucose levels
under 180 mg/dL
**1-2 hours after
the start of a meal**

Managing low blood glucose

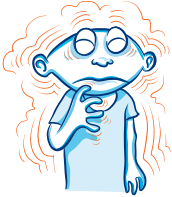
There may be times when your blood glucose level drops too low (called *hypoglycemia*). For most people with diabetes, below 70 mg/dL is too low.



Visit [NovoCare.com](https://www.novocare.com) to learn more about why changes in blood glucose may happen.

If your blood glucose is too low, you might feel:

Shaky



Sweaty



Dizzy



Confusion and difficulty speaking



Hungry



Weak or tired



Headache



Nervous or upset



Sometimes there may be no symptoms at all.

If you have any symptoms of low blood glucose, check your blood glucose level right away. If you can't check it, treat it by following the 15-15 rule:

Eat or drink 15 grams of carbohydrates right away, such as:



4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)



4 ounces (½ cup) of regular soda pop (not diet)

Glucose tablets or gel tube (see instructions)



1 tablespoon of sugar, honey, or corn syrup



Hard candies, jellybeans, or gumdrops (see food label)



After 15 minutes check your blood glucose again:

- If it is still below 70 mg/dL, have another serving
- Repeat these steps until your blood glucose is at least 70 mg/dL
- Once your blood glucose is back to normal, eat a meal or snack to make sure it doesn't lower again



Visit NovoCare.com to learn more and get tips for handling low or high blood glucose levels.

Managing high blood glucose

High blood glucose (called *hyperglycemia*) is when there is too much glucose in your blood. Over time it can cause serious health problems.

Here's how you might feel when your blood glucose is high:

Very thirsty



Very hungry



Sleepy



Needing to pass urine more than usual



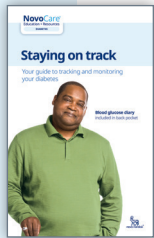
Infections or injuries heal more slowly than usual



Blurry vision



Sometimes there may be no symptoms at all.



Ask your diabetes care team for *Staying on track*. This booklet can help you understand more about blood glucose goals, what the numbers mean, and tracking insulin. Use the diary to fill in your blood glucose readings.



The best thing to do about high blood glucose is prevent it. Try to stick to your diabetes care plan:



Take your medicines as directed



Follow your meal plan



Follow your physical activity plan

Call your diabetes care team if:

- Your blood glucose has been above your goal for 3 days and you don't know why
- You have symptoms of high or low blood glucose



You may need a change in your meal plan, physical activity, or diabetes medicines.



Visit NovoCare.com to get helpful factsheets about low and high blood glucose.

NovoCare[®]
Education + Resources

DIABETES

Ready for a healthier path?

Start your journey with inspiration and motivation from NovoCare[®]. Build up your diabetes knowledge with education and resources on topics that matter most to you!



Eating healthy



Moving more



Managing diabetes



Staying on track



Social and emotional support



Diabetes and heart health



Affording medicines

Get started today! Visit NovoCare.com. Your one-stop resource for all things diabetes.

- Informative articles
- Educational videos
- Ask Sophia! A digital assistant

You can also enroll in NovoCare[®] Education & Resources for Diabetes, that includes access to the Diabetes Health Coach program.

Visit [NovoCare.com](https://www.novocare.com) or scan this code with a smartphone or tablet



Scan me!



"I feel 100% better since creating time to take care of my physical and mental health!"*

— NovoCare[®] Education & Resources Member



STICKING WITH IT

In this section:

- ✓ **Following a diabetes care plan**
- ✓ **Your medicine plan**
- ✓ **Support**

Following a diabetes care plan

Your diabetes care team will work with you to make your diabetes care plan. Your plan can help you reach your diabetes goals. When you follow your diabetes care plan, it can help you manage your diabetes. Try to:



Eat healthy



Be active



Take medicine
(if needed)



**Track your
blood glucose**



**Go to your
appointments**



**Manage
stress**

Your medicine plan

When you take diabetes medicines to help you reach your blood glucose goals, it is a good idea to have a medicine plan. It's important to know what each medicine is and how to take it. Be sure to take each medicine exactly as your doctor tells you to.

Your medicine plan will tell you:

- ✓ What type of diabetes medicines and other medicines to take
- ✓ How much to take
- ✓ When to take it

Your medicine plan will be based on many things, such as:

- ✓ Your blood glucose levels
- ✓ Your activity level
- ✓ Other health conditions you have
- ✓ Your daily schedule
- ✓ Your eating habits

Work closely with your diabetes care team to create a medicine plan that is easy to follow and right for you.



Visit [NovoCare.com](https://www.novocare.com) for more information about working with your diabetes care team to manage your diabetes.



Starting a new medicine

If you are starting a new diabetes medicine, ask a member of your diabetes care team any questions you may have, such as:

How much of my medicine should I take?

How often should I take my medicine, and when?

Should I take my medicine on an empty stomach or with food?

What if I forget to take my medicine and remember later?

What should I know about side effects?

Will my diabetes medicine cause a problem with any of my other medicines?



Support

Your family and friends can be a great source of support. The more they know about diabetes, the better they will be able to understand how you feel.

Ask your family and friends for the kind of support you need. Try some of these ideas:

- Ask them to learn about how diabetes may affect your body and emotions
- Invite them to go to your appointments
- Include them in your new healthy eating and activity routine
- Ask for help when you need it

Know that it's okay to tell your family and friends if you are not ready for their help. You may want to join a diabetes support group. You can meet other people with diabetes there who may be feeling many of the same things that you are.



Visit [NovoCare.com](https://www.novocare.com) learn more about available diabetes support groups in your area.



Novo Nordisk is dedicated to diabetes

Diabetes is our passion and our business

As a leader in diabetes, Novo Nordisk is dedicated to improving diabetes care worldwide. Since 1923, we have been focused on innovation and leadership in diabetes care.

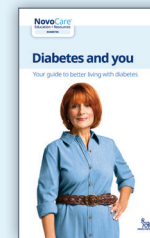
The Novo Nordisk Patient Assistance Program (PAP) is our continued commitment to people living with diabetes. If you are having trouble affording your Novo Nordisk medicine, you may qualify for help. Call Novo Nordisk PAP toll-free at 1-866-310-7549 Monday to Friday from 8:00 AM to 8:00 PM EST to see if you qualify.

For questions about Novo Nordisk products or to request a Blood Glucose Tracker, call the Customer Care Center at 1-800-727-6500 (option 8 for Spanish) from 8:30 AM to 6:00 PM EST.



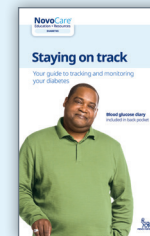
The more you know about diabetes, the better you will be able to manage it. Ask your doctor for these **FREE** books. For even more information, go to **NovoCare.com**.

This educational booklet series is designed to help people with diabetes work with their diabetes care teams to learn about and manage diabetes.



Diabetes and you

This booklet gives you key information about diabetes and why it happens. It also offers tools and resources to help you manage your diabetes.



Staying on track

Reading this booklet can help you understand more about blood glucose goals and what the numbers mean. Learn how to monitor your health and use a tracker to fill in your blood glucose readings.



Meal planning and carb counting

Learn more about meal planning and carb counting with diabetes. This booklet offers helpful tools and resources for eating healthy and managing your diabetes. Use the food lists to help you make healthy choices.

NovoCare®

Education + Resources

DIABETES



NovoCare® can help

Managing your physical, mental, and emotional health with diabetes is important. Visit [NovoCare.com](https://www.novocare.com), your one-stop online resource for all things diabetes!

- **Personalized resources and educational tools for living with diabetes**
- **Affordability and savings support for your medicine**

If you have questions or would like assistance with any of our resources, call 1-800-727-6500 (option 8 for Spanish), Monday to Friday, from 8:30 AM to 6:00 PM EST.

Visit [NovoCare.com](https://www.novocare.com) or scan this code with a smartphone or tablet



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