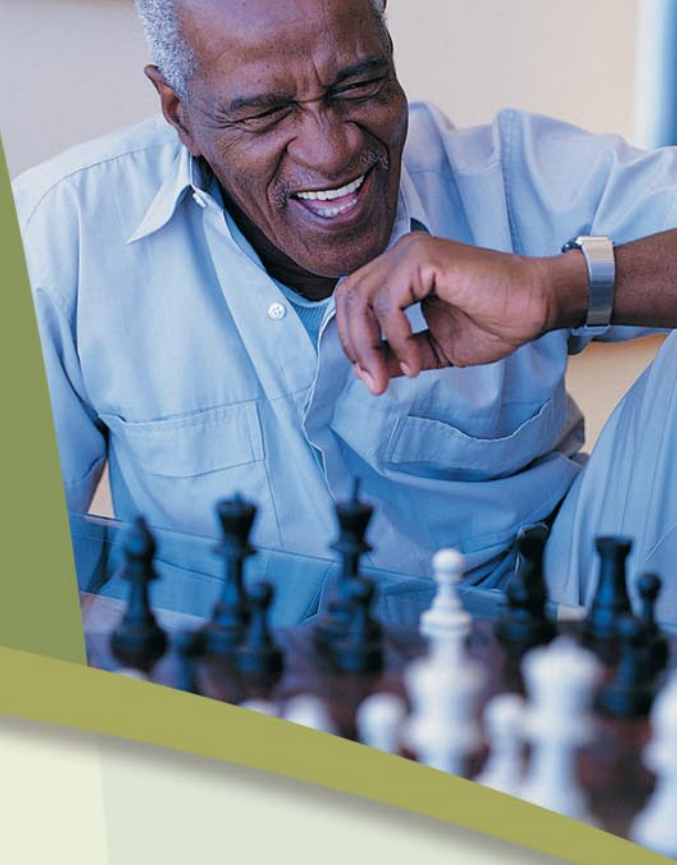


# Taking control of your diabetes



## Test your blood sugar daily

Write down the results. Regular testing helps ensure your treatment plan is working.

## Eat right

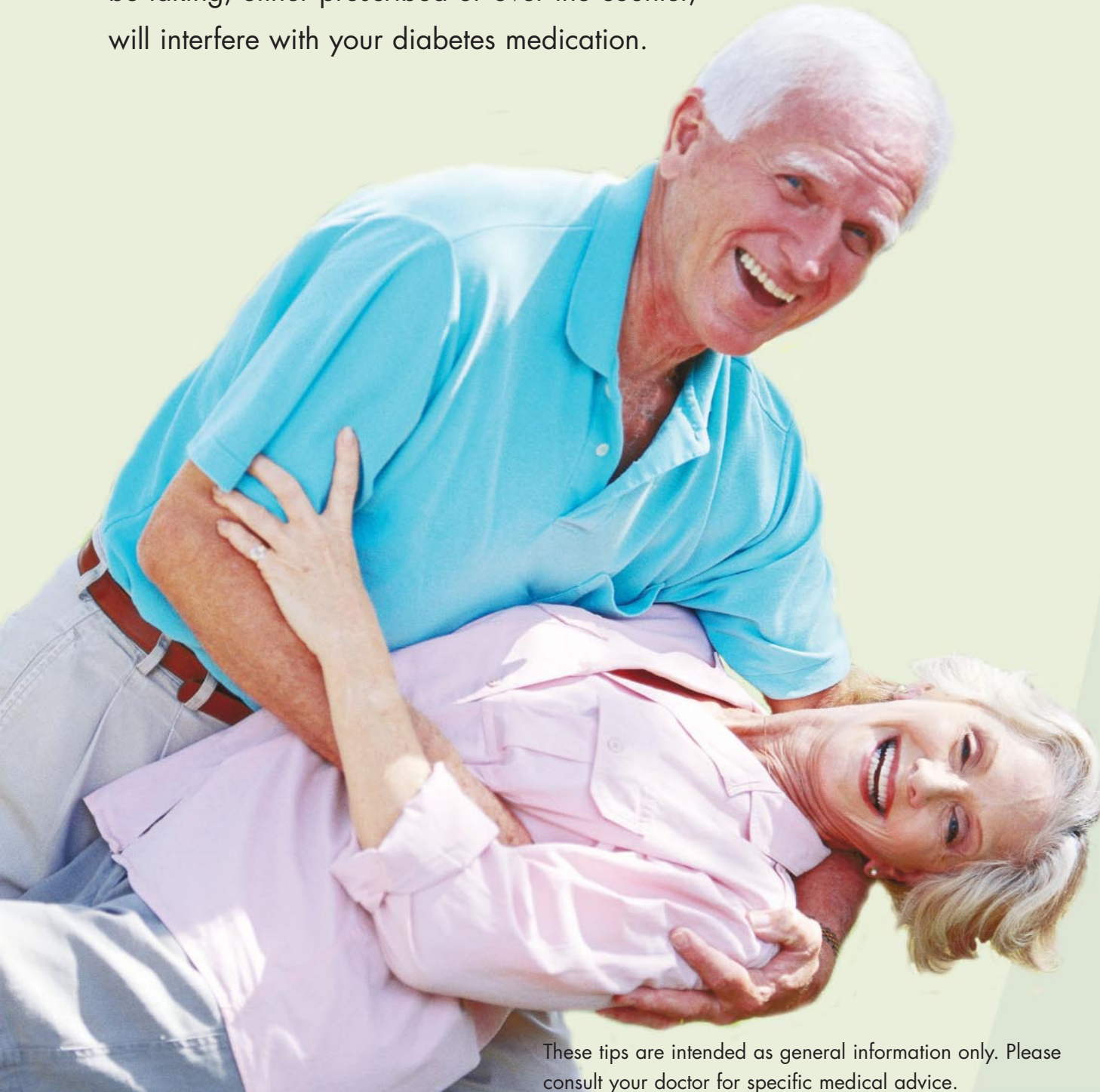
Choose foods and recipes with less sugar, less fat and low sodium. Eat meals that are high in fruits, vegetables and whole grain.

## Stay active

Walk, bike, swim or hike. Check with your doctor to see if you should have limits in your exercise program.

## Take prescribed medicines as directed

Ask your health care provider if other medication that you may be taking, either prescribed or over the counter, will interfere with your diabetes medication.



Regulating your diabetes may help control:

- Kidney disease
- High blood pressure
- Vision problems
- Poor circulation

Visit Blue Access® for Members at [www.bcbstx.com/trs](http://www.bcbstx.com/trs) for more information about diabetes.



**BlueCross BlueShield of Texas**



These tips are intended as general information only. Please consult your doctor for specific medical advice.

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