

Living With Type 2 Diabetes

When you're first diagnosed with diabetes, you have a lot of questions. Get the answers you need from experts you can trust. ***Living With Type 2 Diabetes*** is a free, 12-month program for people newly diagnosed with type 2 diabetes. Members choose to get their information online or in the mail, in English or Spanish.

Where Do I Begin?

Get started with *Where Do I Begin?*

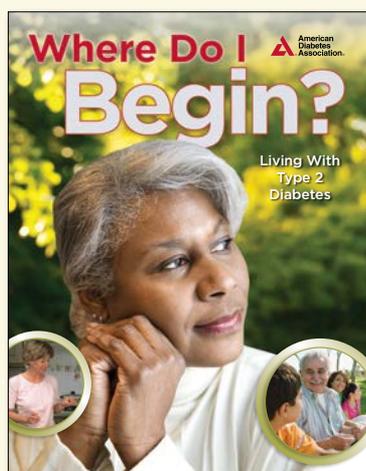
This free resource gives you the basics and invites you to enroll in

Living With Type 2 Diabetes.

Living With Type 2 Diabetes

gives you:

- 5 essential diabetes packets
- Monthly e-newsletter
- Opportunities to connect with others



Enroll today!

- Visit diabetes.org/freeprogram
- Call **1-800-DIABETES** (342-2383)
- Scan this code with your smartphone to go to the ***Living With Type 2 Diabetes*** page



5 Essential Diabetes Packets

#1

Food and Nutrition

Everyone's top question is "what can I eat?" We'll answer that, plus show you how to create a healthy plate. And you also get our great recipe sampler, including tasty diabetes-friendly recipes to try!



#2

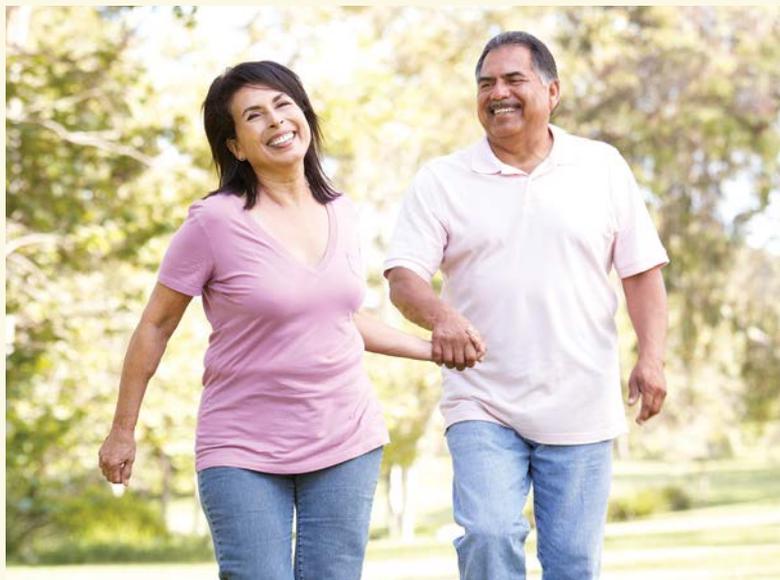
Diabetes, Stress and Emotions

You know that diabetes affects your emotions. And stress can affect your diabetes. We'll help you find ways to relieve stress and get a better handle on your emotions. Plus, you also get a visit planning tool to help you track your tests, medicines and questions for your doctor.

#3

Get Active

Physical activity is an important part of your daily life. You get a free Food & Exercise Journal to help you track your progress. Plus, try out new recipes!



#4

Preventing Complications

Managing your blood glucose levels helps prevent diabetes complications. This month we'll talk about how diabetes can affect your eyes, brain, heart, kidneys and feet. Plus, learn what to do to protect them.

#5

Staying on Track

Congratulations! You've completed a year of **Living With Type 2 Diabetes!** Get your graduation certificate, some resources to help you live well with diabetes, and learn what's next. Plus, get a coupon code to shopdiabetes.org!



You'll also get:

Monthly E-newsletter

Get great new recipes each month, plus tips, resources and stories from others living with diabetes.

Connect with Others

Join the conversations in our online community! Ask questions and share your thoughts with those who understand. Also, get to know your local American Diabetes Association and meet others living with diabetes in your community.

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Funding for **Living With Type 2 Diabetes** is provided in part by:

