

Living with Diabetes (Type 2)

Resources to help you meet your health goals

Learn about Diabetes

[Questions for My Physician](#)

What to ask your doctor to understand how your diabetes diagnosis affects your life and health

[Know Your Numbers](#)

The 5 numbers you should know: A1C, BMI/waist circumference, blood pressure, cholesterol, and kidney function

[What is Diabetes?](#)

One page overview of diabetes and common symptoms

Diet and Lifestyle Guidelines

[Holiday Healthy Eating Tips](#)

5 tips to enjoy the holidays while eating healthfully

[Healthier Holiday Choices](#)

Holiday food swaps and other guidelines for a healthy holiday diet

[7 Tips to Care for Your Heart when You Have Type 2 Diabetes](#)

7 things to add to your self-care checklist

Diabetes Medications

[Understanding Your Medications](#)

Explanation of diabetes medications and how they work

Contact your doctor with any questions or concerns