BlueCross BlueShield of New Mexico



BlueResource℠ – Controlling Your Condition – Thriving with Diabetes

Live Well, Help Is Here

If you have diabetes, you know it will be part of your life for the *rest of your life*. That doesn't mean you can't enjoy the days ahead. Take good care of yourself. Here are tips and tools to help.

American Diabetes Association. Check out blood glucose monitors and insulin pumps. Join a lifestyle support group to connect with other diabetics. **diabetes.org**

Centers for Disease Control and Prevention. Download the *Road to Health* toolkit. Cook up something yummy from *Tasty Recipes*. **cdc.gov/diabetes/library/factsheets.html**

American Heart Association. Learn to protect your heart from diabetes. Use a blood pressure tracker to fend off heart disease and stroke. **heart.org/en/health-topics/diabetes**

Diabetes Research Institute. Help your child manage their Type 1 diabetes. Get *PEP Talk*, a newsletter full of tried-and-true tips for parents. **diabetesresearch.org/PEP-Squad**

Tap into free tools to live better with diabetes.

Sources: *Thriving with Diabetes.* American Diabetes Association. 2022.
Diabetes Fact Sheets. Centers for Disease Control and Prevention. 2020.
Diabetes. American Heart Association. 2022.
Support for Parents of Children Living with Diabetes. Diabetes Research Institute. 2020.

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