

Diabetes can put you at a higher risk for other health problems if not properly managed.



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It is also important to see your doctor regularly to ensure your treatment plan is keeping your diabetes under control.





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Eating healthy, exercising regularly, monitoring blood sugar daily, and taking medicines as directed are key to diabetes self-care.

Visit <u>https://www.tricare-</u> west.com/go/learningcenter to listen to a recorded class on diabetes management.







Looking for additional help with your diabetes?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: <u>www.tricare-west.com/go/DMFAQ</u>.



