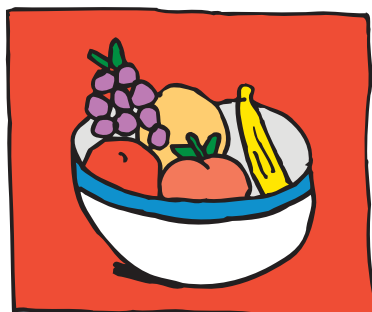
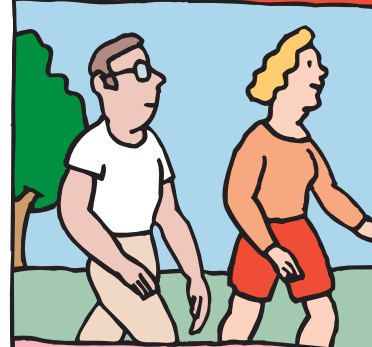


# MY DIABETES CARE DAILY REMINDER

Follow my meal plan.



Be active 30 minutes a day, or more, in ways my doctor OK's.



Take the right dose (amount) of medicine – on time.



Check my blood sugar. Write the results in my diary.



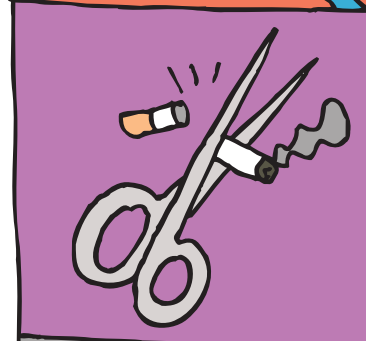
Check my feet for cuts, redness or swelling. Call my doctor right away if I have any problems with my feet.



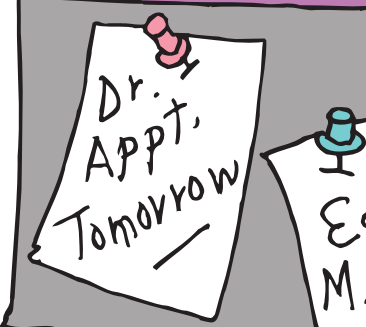
Brush and floss my teeth after meals.



Don't smoke.



Keep my doctor appointments! Write next appointment here:




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