

# 7 tips to manage diabetes



As Carelon Health's medical officer, I work with doctors who specialize in diabetes. If you're one of the millions of Americans managing this condition, follow these tips to stay as healthy as possible.



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Medical Officer, Carelon Health

- 1 Check your blood sugar often**  
Knowing your blood sugar numbers helps you make better food choices. Managing your diet is important to controlling diabetes.
- 2 See your doctor regularly**  
Talk to your care team at Carelon Health often. They can help you keep track of your health and change your treatment if needed.
- 3 Watch out for carbs**  
Too many carbs can make your blood sugar go up fast. Instead, eat more whole grains, fruits, and vegetables.
- 4 Stay active**  
Even light exercise can help keep your blood sugar stable. It can also promote weight loss, give you more energy, and reduce stress.
- 5 Take your medicine**  
If your doctor gives you medicine, make sure to take it. It can help you manage your blood sugar and prevent complications.
- 6 Keep stress at bay**  
Stress can affect your blood sugar. Things like yoga, meditation, or mindfulness can help you stay calm and keep your diabetes under control.
- 7 Keep moving and drink water**  
Exercise and drinking lots of water can help keep your blood sugar at a healthy level.

Everyone has different health needs. See your Carelon Health doctor to talk about the best ways to avoid diabetes.



## Request a Healthy Start™ visit

Our healthcare team can help you manage your diabetes. To learn more about Carelon Health, visit [carelonhealth.com](https://www.carelonhealth.com).