

# 7 expert tips to prevent diabetes



As Carelon Health's medical officer, I strive to help patients live a healthier life. Here are my top tips to prevent diabetes:



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- 1 Keep a healthy weight**  
Being overweight can increase your chances of diabetes. Your doctor can help you set a weight goal that works for you.
- 2 Stay active**  
Exercising can help you lose weight. It also helps your body regulate your blood sugar. Your health team can customize an exercise plan that works for you.
- 3 Eat right**  
Cut down on carbs and sweets. Have more fruits, vegetables, and lean meats instead, and remember to control your portion sizes.
- 4 Have regular doctor visits**  
See your doctor for checkups. Your health team can screen for early signs of diabetes and stay on top of prevention.
- 5 Avoid alcohol**  
Too much alcohol can lead to diabetes. If you drink, practice moderation or consider lowering your intake.
- 6 Catch the right amount of z's**  
Seven to nine hours of sleep a night can lower your risk for diabetes.
- 7 Don't smoke**  
Smoking can cause many health problems, including diabetes. Kick the habit to lower your risk. Your healthcare team can provide resources to live smoke free.

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 find out if you have diabetes. We accept most major health plans and welcome new patients. To learn more about Carelon Health, visit [carelonhealth.com](https://www.carelonhealth.com).