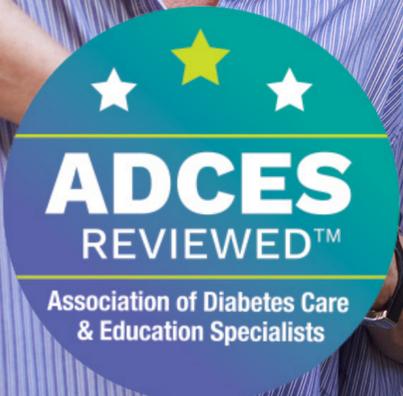




**BEYOND  
TYPE 1**

**BEYOND DIAGNOSIS**

# **A BEGINNER'S GUIDE TO THRIVING WITH TYPE 2 DIABETES**



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<i>Creating Your Best Path Forward</i>	<b>2</b>
<i>Fuel Well to Feel Well &amp; Move Your Body</i>	<b>3</b>
<i>Building Your Diabetes Support Team</i>	<b>4</b>
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**SECTION 1**

# DECODING DIABETES



*Decoding Diabetes* **1**  
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**“DON’T BE AFRAID.  
BE FOCUSED.  
BE DETERMINED.  
BE HOPEFUL.  
BE EMPOWERED.”**

MICHELLE OBAMA



*Decoding Diabetes* **1**  
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# WELCOME TO OUR BEYOND DIAGNOSIS GUIDE

*recommended for adults with type 2 diabetes, loved ones of people with diabetes,  
and caregivers of people with diabetes—aged 18 and older.*



If you're reading this guide, you might be in a place where managing your diabetes **feels like too much**.

**THE TRUTH IS THAT DIABETES CAN BE TOUGH, BUT IT WON'T ALWAYS BE AS TOUGH AS IT FEELS.**

RIGHT NOW, WITH ALL THERE IS TO LEARN ABOUT LIVING WITH TYPE 2 DIABETES, YOU MIGHT FEEL LIKE YOU'RE ON A **ROLLER-COASTER RIDE.**

**THE TRUTH OF THE MATTER IS THAT YOU CAN ABSOLUTELY DO THIS!**

**ALL YOU NEED ARE THE RIGHT TOOLS.** With some information, help and support **(that's why we're here!)**, managing your diabetes will become more routine and less stressful.

**YOUR BODY WILL ALWAYS NEED CARE, BUT IT WILL GET EASIER TO FIGURE DIABETES OUT.**

**THIS GUIDE CONTAINS:**

**Medical information** you need to know, plus **wisdom from people** who have lived for decades with T2D.

**WE GOT YOU!  
WE BELIEVE IN YOU!  
LET'S GET STARTED!**



*Decoding Diabetes* **1**

*Creating Your Best Path Forward* **2**

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“I’m Carlos, and I have type 2 diabetes. I’m 38 years old and live in Clearwater, Florida.

Being newly diagnosed, you can become very frustrated. You’re always thinking, “What should I do?” or “How did I get here?” You can start to punish yourself.

You might start thinking that you’re not worth anything. It’s a long road, so you have to take it one day at a time. You also have to understand that there are people here to help you.

In the beginning, I was putting a lot of effort into everything. I was measuring everything. I was eating super portions. I was also creating gourmet meals and getting frustrated with myself. As a result, I didn’t have time for anything else, or for comprehending what was happening. I was being reactive—not proactive. If you have type 2 diabetes, find your community. That’s my advice.

**FIND PEOPLE WHO CAN ASSIST YOU WITH WHAT THEY KNOW. FIND PEOPLE WHO UNDERSTAND WHAT YOU ARE GOING THROUGH.”**

—Carlos González



VIEW  
Carlos’ video



# DIABETES: WHAT IS IT?

Diabetes happens when the body stops producing insulin—or using it properly. Insulin is a hormone produced by the pancreas that helps:

- Manage the level of sugar (glucose) in the blood
- Transform sugar into energy

When insulin isn't produced—or doesn't work well—it leads to unhealthy blood sugar levels and low energy. Living with diabetes is a full-time balancing act because you have to watch for both high blood sugar (hyperglycemia) and low blood sugar (hypoglycemia). It's a lot of work, but let's just take it one step

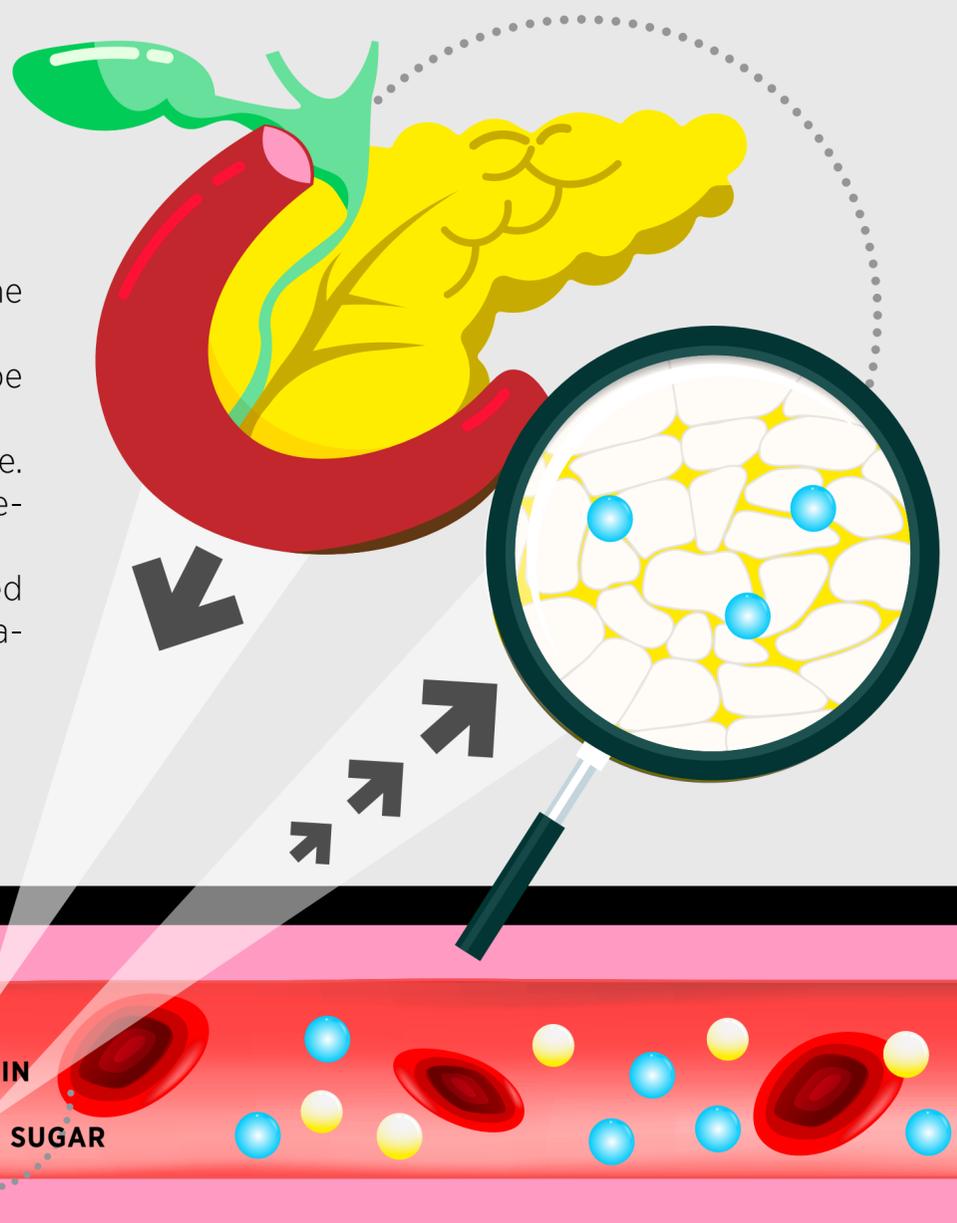
at a time. With support, guidance and patience, you'll learn how to manage everything.

## WHAT'S UNIQUE ABOUT TYPE 2 DIABETES?

If you have T2D you still make some insulin but either not enough or your body doesn't use it correctly. The latter situation is known as "insulin resistance."

## THIS IS HOW INSULIN WORKS IN THE BODY

- The food you eat is broken down into sugar.
- Sugar enters your bloodstream, which signals the pancreas to release insulin.
- Insulin helps sugar enter the body's cells so it can be used for energy.
- Insulin also signals the liver to store sugar for later use.
- Sugar enters cells, and levels in the bloodstream decrease, signaling insulin to decrease too.
- Lower insulin levels alert the liver to release stored sugar so energy is always available, even if you haven't eaten for a while.



# INSULIN RESISTANCE

When you have insulin resistance, your body has built up a tolerance to insulin, making the hormone less effective. Scientists are learning more about how insulin resistance develops. Here are some key points:

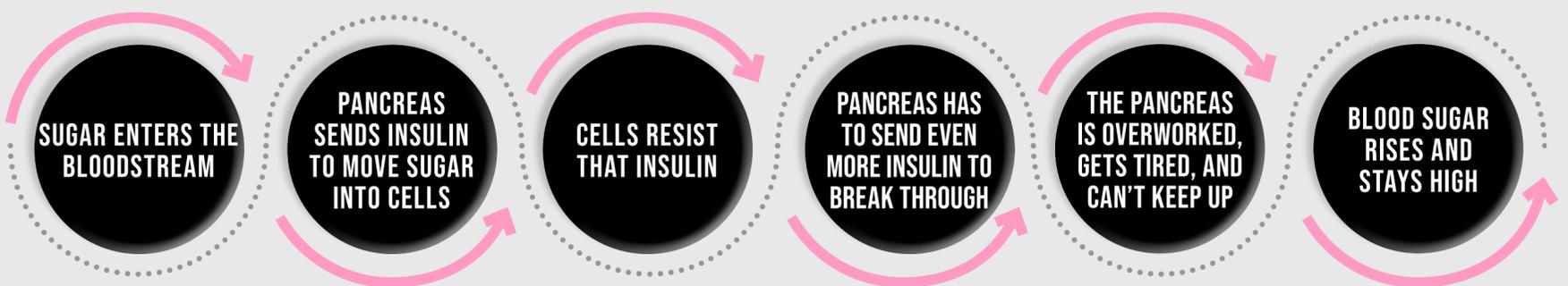
**GENES:** Some genes can make a person more or less likely to develop insulin resistance. For example:

- **TCF7L2:** Variants in this gene have been linked to increased risk of type 2 diabetes by affecting insulin secretion and action.<sup>1</sup>
- **PPARG:** This gene influences fat storage and glucose metabolism. Certain variants can lead to increased insulin resistance.
- **FTO:** Known for its role in obesity, FTO variants can also affect insulin sensitivity.<sup>2</sup>
- **CAPN10:** Associated with insulin resistance and type 2 diabetes, this gene impacts insulin signaling pathways.<sup>3</sup>

**AGE:** Older people are more prone to insulin resistance.

**LIFESTYLE:** Being inactive, overweight, or living with obesity increases the risk. Extra fat tissue might cause inflammation or stress in the body's cells, leading to insulin resistance. There might also be an unknown factor from fat tissue that signals the body to become insulin resistant.

## WHAT HAPPENS WHEN YOU HAVE INSULIN RESISTANCE?



This is why people with type 2 diabetes often have higher insulin levels. At first, there might be no symptoms because the pancreas can make enough insulin. However, over time, insulin resistance gets worse and the pancreas can't keep up.

<sup>1</sup> Grant, S. F. A., & Thorleifsson, G. (2006). "Variant of transcription factor 7-like 2 (TCF7L2) gene confers risk of type 2 diabetes." *Nature Genetics*.

<sup>2</sup> Frayling, T. M., et al. (2007). "A common variant in the FTO gene is associated with body mass index and predisposes to childhood and adult obesity." *Science*.

<sup>3</sup> Horikawa, Y., et al. (2000). "Genetic variation in the gene encoding calpain-10 is associated with type 2 diabetes mellitus." *Nature Genetics*.

# WHAT ARE THE SYMPTOMS OF TYPE 2 DIABETES?

According to the American Diabetes Association: 38.4 million Americans have diabetes—11.6% of the population, 29.7 million have been diagnosed, and 8.7 million are undiagnosed. Type 2 diabetes accounts for 90 to 95% of all diabetes cases. Type 2 diabetes is a silent disease—until it's not.

## SYMPTOMS OF TYPE 2 DIABETES INCLUDE:

*Frequent urination, feeling very thirsty, feeling very hungry—even though you are eating, extreme fatigue, blurry vision, cuts/bruises that are slow to heal, unexplained weight loss, tingling, pain, or numbness in the hands/feet,<sup>4</sup> yeast infection*



### **YOU'RE THIRSTY ALL THE TIME**

*You feel dehydrated and you wake up at night because you need something to drink.*



### **YOU'RE EXHAUSTED**

*You're tired, your energy is low and you don't know why. This can lead to mood swings, and make you easily irritated.*



### **YOU NEED TO PEE ALL THE TIME**

*You're even getting up at night.*

<sup>4</sup> [diabetes.org/about-diabetes/type-2](https://diabetes.org/about-diabetes/type-2)



# WHAT CAUSES TYPE 2 DIABETES?

Type 2 diabetes is a complex chronic disease, so it's hard to definitively say what causes it. In actuality, a diagnosis of type 2 diabetes can result from a wide range of reasons. Diabetes diagnoses are frequently associated with lifestyle factors, including:



**Diet high in processed foods, sugar, and unhealthy fats**



**High Blood Pressure**



**Obesity**



**Physical Inactivity**



**Heredity/Genetics**

It's very important to understand type 2 diabetes is not limited to people who are obese or eat an unhealthy diet. Type 2 diabetes can affect people of all sizes and backgrounds.

If type 2 diabetes is adequately managed, it is possible to live a full life. To manage your blood sugars, you don't need to go on a restrictive diet or exercise several hours every day. Type 2 diabetes isn't a one-

size-fits-all condition. The way it affects you won't be the same way it affects another person with type 2 diabetes.

Most importantly, having type 2 diabetes does not mean you have failed in any way. **There should be no guilt associated with it.**



# WHAT TREATMENTS & LIFESTYLE CHANGES CAN HELP MANAGE TYPE 2 DIABETES?

To reiterate, there isn't a "one-size-fits-all" approach to treating type 2 diabetes. That being said, there are many treatment options for type 2 diabetes today. It all comes down to figuring out what works best for each individual and supporting them every step of the way. Four major pillars are the emphasis of various organizations' approaches to managing type 2 diabetes:



Developing a balanced food plan in collaboration with a healthcare team.

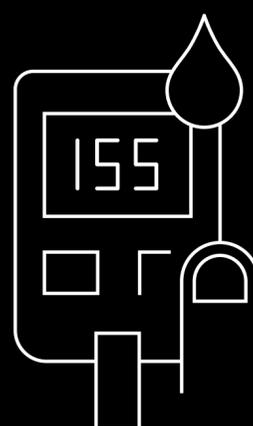
Maintaining an active lifestyle.



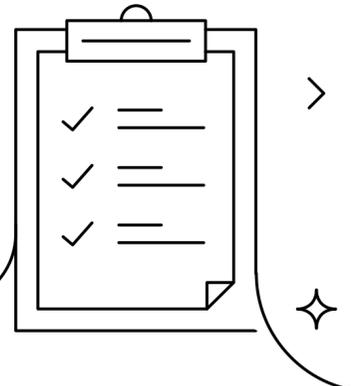
Taking prescribed drugs as directed.



Routinely monitoring blood sugar levels.



# HOW IS TYPE 2 DIABETES DIFFERENT THAN TYPE 1 DIABETES?



## Type 2 Diabetes

In T2D, the body produces insulin, but sometimes it's not enough—or your body cannot use it properly.

More than 90% of people living with diabetes have type 2 diabetes.<sup>5</sup>

## Type 1 Diabetes

In T1D, the body completely stops making insulin. People with T1D need to take insulin every day or use an insulin pump to stay healthy. This type of diabetes usually shows up in kids or young adults, but it can happen at any age.

Latent autoimmune diabetes in adults (LADA) is a form of T1D that is often initially misdiagnosed as type 2 diabetes (T2D) because it develops more slowly. People with LADA still produce some insulin, at least initially, but over time the insulin production decreases, leading to high blood sugar levels.

## TYPE 2 DIABETES

### When is type 2 diabetes generally diagnosed?

T2D is often diagnosed in adults, but it can happen at any age. Many people have T2D for years without knowing it.

### The following are risk factors for T2D:

- Living with obesity or being overweight.
- Having prediabetes.
- Being 45 years or older.
- Having a parent, brother or sister with type 2 diabetes.
- Being physically active for less than 150 minutes a week.
- Having diabetes during pregnancy or giving birth to a baby weighing more than 9 pounds.
- Being African American, Hispanic/Latino American, American Indian, or Alaska Native.<sup>6</sup>

<sup>5</sup> [cdc.gov/diabetes/about/index.html](https://www.cdc.gov/diabetes/about/index.html)

<sup>6</sup> [cdc.gov/diabetes/risk-factors/index.html](https://www.cdc.gov/diabetes/risk-factors/index.html)

### What treatments and lifestyle changes can help with type 2 diabetes?



**Oral Medications**



**Injectable Medications & Insulin**



**Personalized Eating Plan**



**Physical Activity\***

Other medications are often used to treat high blood pressure and high cholesterol in people with T2D, as these are common conditions that put them at higher risk of heart disease.

\* Consult with your doctor or healthcare provider to discuss incorporating exercise into your diabetes management



# TYPE 1 DIABETES VS. TYPE 2 DIABETES



## PREVENTABLE

### T1D

**No prevention** or cure, but may be delayed

### T2D

**Sometimes**—through lifestyle

## % DIAGNOSES

### T1D

<10%

### T2D

>90%

## DIAGNOSIS AGE

### T1D

**People of all ages** can develop T1D

### T2D

**Majority are adults**, but the prevalence of T2D in children is steadily increasing

## INSULIN

### T1D

**Always**—beginning at diagnosis

### T2D

**Sometimes** needed, but not always at diagnosis

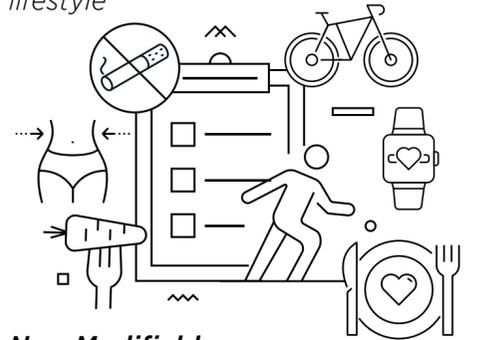
## RISK FACTORS

### T1D

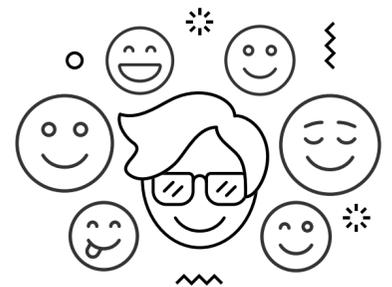
- **Family history** is a significant risk factor for T1D—15 percent increased risk if you have an immediate family member
- Up to 1 in 20 with family history
- 1 in 300 without family history
- Having an **autoimmune condition** or history of autoimmune conditions in your family increases the risk, such as:
  - Celiac disease
  - Hashimoto's disease
- Certain **common viruses** can trigger the autoimmune response:
  - Coxsackievirus B
  - Rotavirus (often causing diarrhea)
  - Mumps
  - Cytomegalovirus (CMV), (a virus related to herpes)

### T2D

- **Modifiable:** lifestyle



- **Non-Modifiable:** race + genetics



## ORAL MEDICATIONS

### T1D

**Sometimes**—to help manage additional conditions

### T2D

**Sometimes** yes, but if lifestyle changes are made and a weight loss of at least 5% of body weight is achieved, they might not be necessary. If needed, a person might be on more than one oral diabetes medication



**DOWNLOAD**  
and share



# WHAT WE REALLY WANT YOU TO KNOW ABOUT TYPE 2 DIABETES

As previously mentioned, type 2 diabetes is when the body either doesn't produce enough insulin or doesn't properly use insulin. With type 2 diabetes, you may need to take medications that help your body boost insulin levels or better use the insulin. You might also need to take insulin to maintain blood sugar levels. Current guidelines recommend keeping your blood sugar in a specific range to lower your risk of developing complications of diabetes. Achieving the target range for your blood sugar level can be done by:



**TAKING YOUR MEDICINE**<sup>7</sup>



**FOLLOWING A HEALTHY EATING PLAN**<sup>8</sup>



**GETTING LOTS OF PHYSICAL ACTIVITY**<sup>9</sup>

<sup>7</sup> [mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-treatment/art-20044084](https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-treatment/art-20044084)

<sup>8</sup> [newsnetwork.mayoclinic.org/discussion/losing-weight-can-have-big-impact-on-those-with-diabetes/](https://www.newsnetwork.mayoclinic.org/discussion/losing-weight-can-have-big-impact-on-those-with-diabetes/)

<sup>9</sup> [diabetes.org/health-wellness/fitness/blood-glucose-and-exercise#:~:text=Physical%20activity%20can%20lower%20your,see%20the%20benefits%20of%20activity](https://www.diabetes.org/health-wellness/fitness/blood-glucose-and-exercise#:~:text=Physical%20activity%20can%20lower%20your,see%20the%20benefits%20of%20activity)

# MEDICATION OPTIONS

There are many different medications to treat type 2 diabetes. Talk to your doctor about any questions you have about your medicines. They can help you find the best way to manage your diabetes.

## Metformin

*(Glucophage)*

Metformin is the most common pill for type 2 diabetes. Metformin helps your body's cells absorb more sugar from the bloodstream and decreases the amount of sugar that is produced from the liver—both of which lower levels of sugar in the blood. You might get some belly upset when you first take metformin, but this usually goes away after a month.

## Sodium-glucose cotransporter 2 (SGLT2) inhibitors

*(Farxiga, Invokana, Jardiance)* These help your kidneys get rid of extra sugar in your urine. You'll need to drink a lot of fluids when taking this medication.

## Glucagon-like peptide 1 (GLP-1) receptor agonists

*(Trulicity, Byetta, Bydureon, Ozempic, Rybelsus)* These can help lower blood sugar and may also help you lose weight. They come as shots or pills.

## Dual glucose-dependent insulinotropic polypeptide (GIP) and GLP-1 receptor agonists

*(Mounjaro)* These minimize the risk of low blood sugar by only increasing insulin production when blood sugar is rising. They also decrease your liver's production of sugar and slow down the speed at which your stomach empties food into your intestine. This helps manage your blood sugars after eating while also leaving you feeling full longer.

## Dipeptidyl peptidase 4 (DPP-4) inhibitors

*(Januvia, Nesina, Onglyza, Tradjenta)*

DPP-4 inhibitors help your body make more insulin when your blood sugar is high, and lower the amount of sugar your liver makes. You can take DPP-4 inhibitors with or without food.

## Sulfonylureas

*(Amaryl, Diabeta, Diabinese, Glucotrol, Glucotrol XL, Glynase, Micronase)* These make your body produce more insulin. If you take these, your doctor will closely watch you because sulfonylureas can induce low blood sugar.

## Thiazolidinediones (TZDs)

## Meglitinides

*(Prandin, Starlix)* These help your body make more insulin after you eat. You take them right before a meal.

## Insulin

If these oral meds don't control your blood sugar well enough, you may need insulin shots. Talk to your doctor or a diabetes care and education specialist to determine the best type of insulin for you at various stages of your diabetes management.

Source: *Insulin types*. (2023, December 8). ADCES. [adces.org/danatech/insulin-medicine-delivery/insulin-medicine-delivery-101/insulin-types](https://adces.org/danatech/insulin-medicine-delivery/insulin-medicine-delivery-101/insulin-types)



# TIME TO REFLECT: YOUR DIABETES JOURNAL

Managing your T2D can be overwhelming. Reflecting on your struggles and feelings can help! Communicating your feelings and setting goals are great ways to take charge of your diabetes management!

**I have been feeling:**

				
<b>AWESOME</b>	<b>GOOD</b>	<b>OKAY</b>	<b>NOT GOOD</b>	<b>OVERWHELMED</b>

*In your personal diabetes journal, write down your thoughts and feelings. Think about what you'd like to tell your loved ones about living with T2D. Think of areas in which you could use some help.*

Write down how you feel about having diabetes.  
*E.g. Are you emotionally struggling? If so, what are the most difficult things with which you cope?*

---



---

List three things you'd like to tell a friend, family member or partner about your diabetes.

---



---

What challenges are you facing with your diabetes? *With what do you need the most help?*

---



---

What are your goals when it comes to living your best life with diabetes?  
*Not just about managing your blood sugar—you can discuss this with your doctor—but also personal goals!*

---



---

What healthy changes did you make today—or this week—that will lead you closer to reaching your goals?

---



---



*Decoding Diabetes* **1**

*Creating Your Best Path Forward* **2**

*Fuel Well to Feel Well & Move Your Body* **3**

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*Tap into Community & Thrive Together* **5**



# TAKING ACTION

- + *Confirm your diagnosis with your doctor, and discuss the basics of diabetes care.***
- + *Discuss with your doctor which type of diabetes medication best suits you and your lifestyle.***
- + *Journal and reflect on your feelings about your diagnosis and your outlook on your future with diabetes.***



*Decoding Diabetes* **1**  
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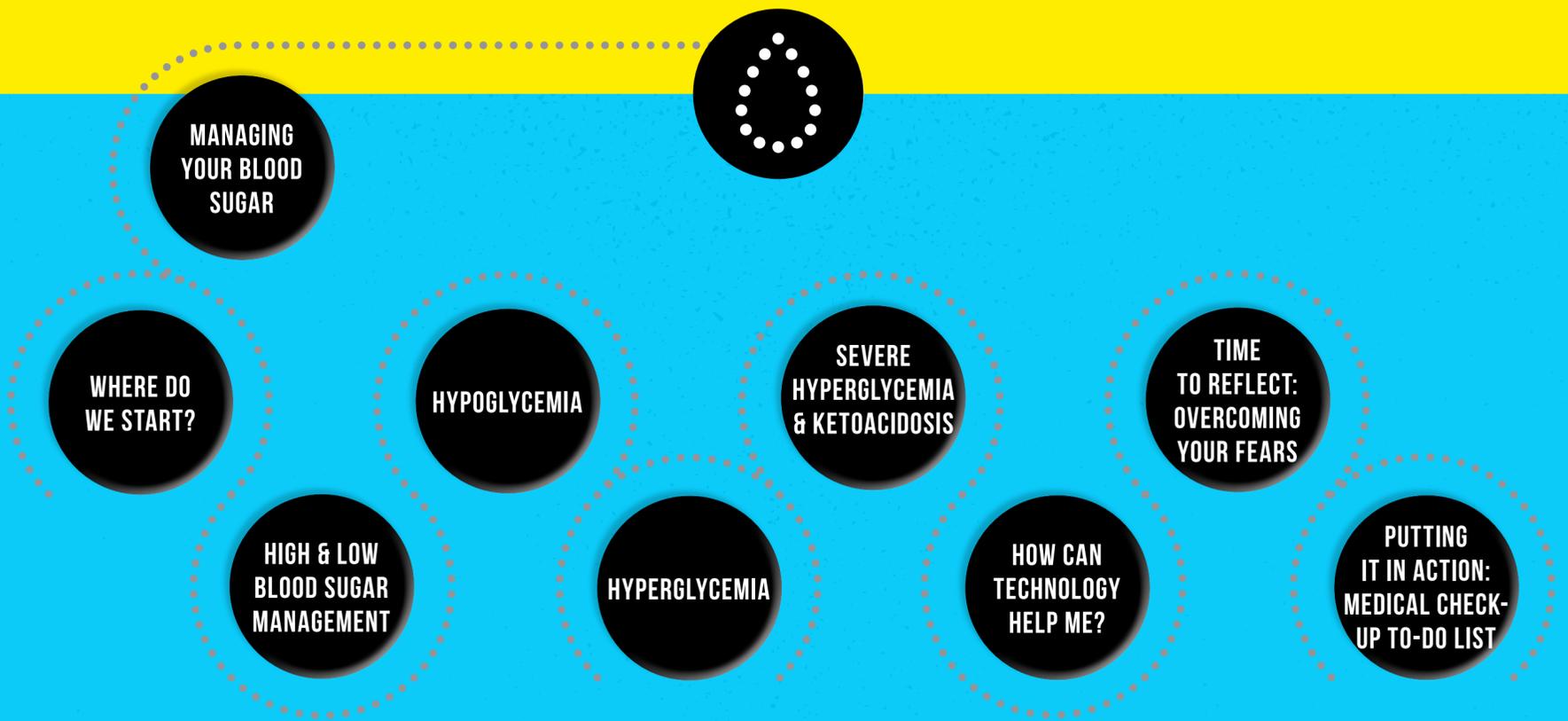


**SECTION 2**

**CREATING YOUR  
BEST PATH FORWARD**



Decoding Diabetes 1  
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**“LIFE HAPPENS. ADAPT. EMBRACE CHANGE, AND MAKE THE MOST OF EVERYTHING THAT COMES YOUR WAY.”**

NICK JONAS



Decoding Diabetes 1

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## THE POWER OF HAVING THE RIGHT SUPPORT

“It took me about three years to find a solid support team after my initial diagnosis. I went through hurdles with PCPs and nursing staff. My mom, who works in the medical field, taught me to find another doctor if I felt uncomfortable or unheard.

There are millions of PCPs, endocrinologists, and diabetes specialists out there who will listen and work with you. It took time, but I finally built my super team.

**MY ADVICE IS TO FIND A DIABETES SPECIALIST FIRST, SOMEONE WHO UNDERSTANDS THE TRIALS AND TRIBULATIONS OF DIABETES.** Having the right support system, including peers and family, makes a significant difference.

Before my diagnosis, I weighed 425 pounds, and now I’m around 280. Finding the right team helped me understand how to eat, what to eat, and incorporate exercise. Looking at old pictures motivates me to keep going and reminds me of the progress I’ve made.”

— Keith Crear



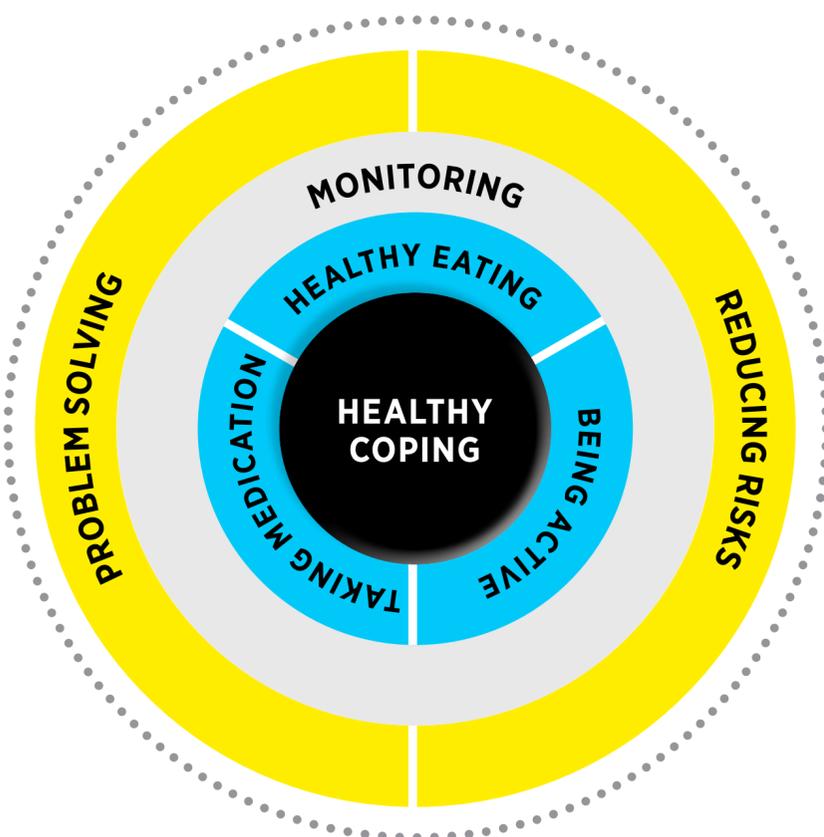
VIEW  
Keith's video



# MANAGING YOUR BLOOD SUGAR

Living with T2D requires monitoring and managing—your blood sugar levels. To help all people living with diabetes look after their well-being, the Association of Diabetes Care and Education Specialists (ADCES) developed a resource called the ADCES7 Self-Care Behaviors.<sup>10</sup> Among these, monitoring your blood sugar levels to make informed lifestyle and treatment decisions plays a huge role in delaying diabetes complications and ensuring a high quality of life while managing your diabetes.

## ADCES7 SELF-CARE BEHAVIORS<sup>®</sup>



<sup>10</sup> [adces.org/diabetes-education-dsmes/adces7-self-care-behaviors](https://www.adces.org/diabetes-education-dsmes/adces7-self-care-behaviors)

### Problem Solving

Everyone encounters problems with their diabetes management. You can't plan for every situation you may face, but there are some problem-solving skills that can help you prepare for the unexpected—and make a plan for dealing with similar problems in the future.

### Reducing Risks

By understanding the risks that cause negative outcomes and then taking actions to prevent them, you can lower your chance of having diabetes-related complications.

### Monitoring

Regularly checking your glucose (sugar) levels and other key health factors (e.g. blood pressure, kidney and foot health) gives you vital information to help you make decisions about your diabetes.

### Taking Medication

Medications work together to lower your blood sugar levels, reduce your risk of diabetes complications, and help you feel better.

### Healthy Eating

Having T2D doesn't mean you have to give up your favorite foods or stop eating in restaurants. Focus more on knowing how foods you eat affect your blood sugar levels and then how to adjust your insulin. Eating nutritious foods with health benefits are still important, just like for anyone without diabetes.

### Being Active

Being active has many health benefits that impact your diabetes management like lowering cholesterol, improving blood pressure, lowering stress and anxiety, and improving your mood. When you have T2D, you'll need to learn how activity affects your blood sugar levels and how to adjust your insulin to compensate.

### Healthy Coping

It's natural to have mixed feelings about your diabetes management and experience highs and lows. The important thing is to recognize these emotions as normal and take steps to reduce the negative impact they can have on your self-care.



# WHERE DO WE START?

First, it's important to work on a plan together with your doctor or Certified Diabetes Care and Education Specialist.

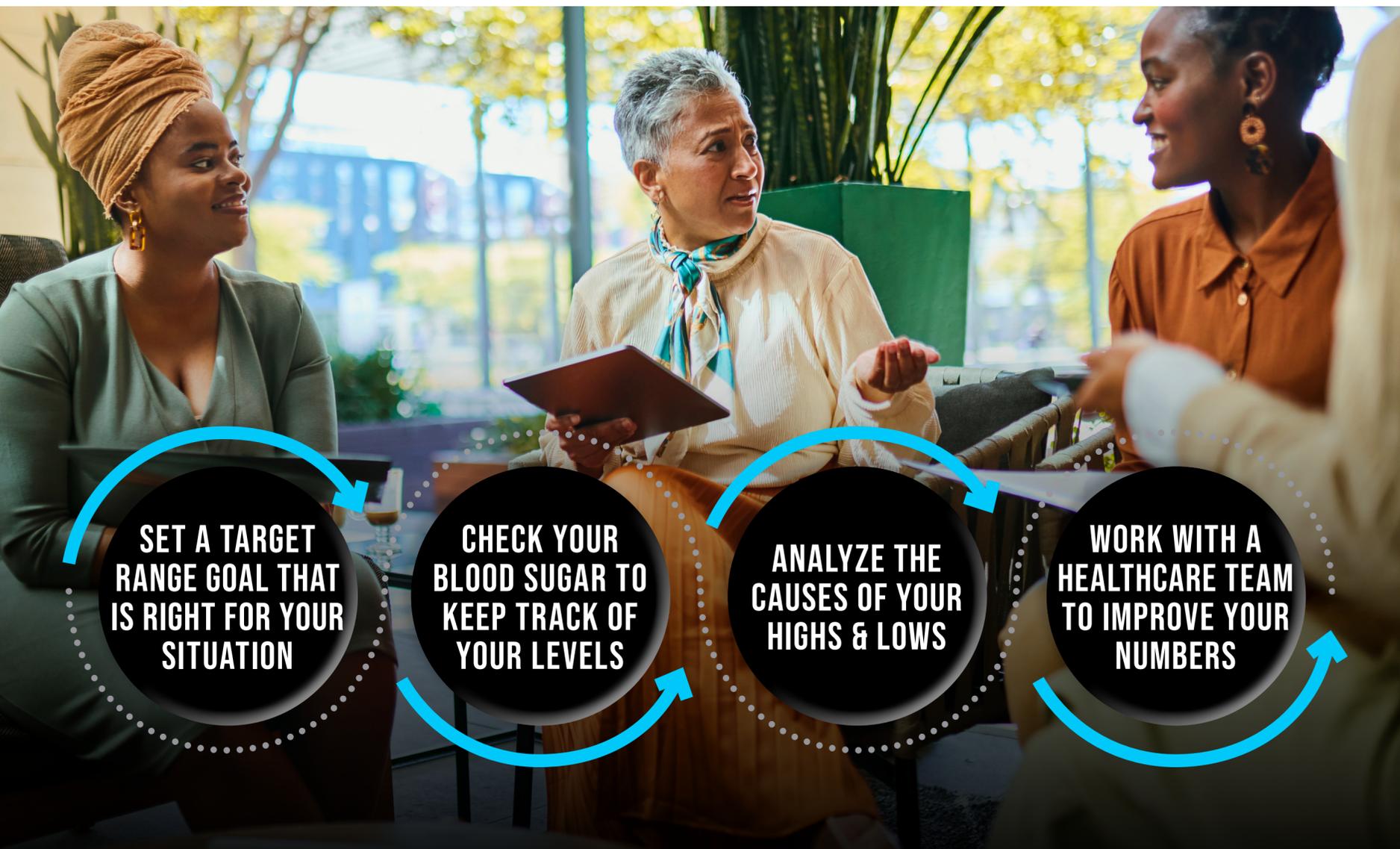
- Work with your diabetes care team to set a target range goal that is right for your situation
- Check your blood sugar to keep track of your levels
- Analyze the causes of your highs and lows
- Work with a healthcare team to improve your numbers

This is a learning process, so don't despair, and keep at it! Keep records to help identify any patterns in your blood sugar levels. That makes it easier to know what changes to make.

**What should your numbers be?** There are different guidelines to help set goals like the ones published by the American Diabetes Association.

There are guidelines regarding TIR range goals depending on age and pregnancy, which you can read about [here](#).

These guidelines are just a starting point and you should talk to your doctor about how your blood sugar targets should be personalized to your unique needs.



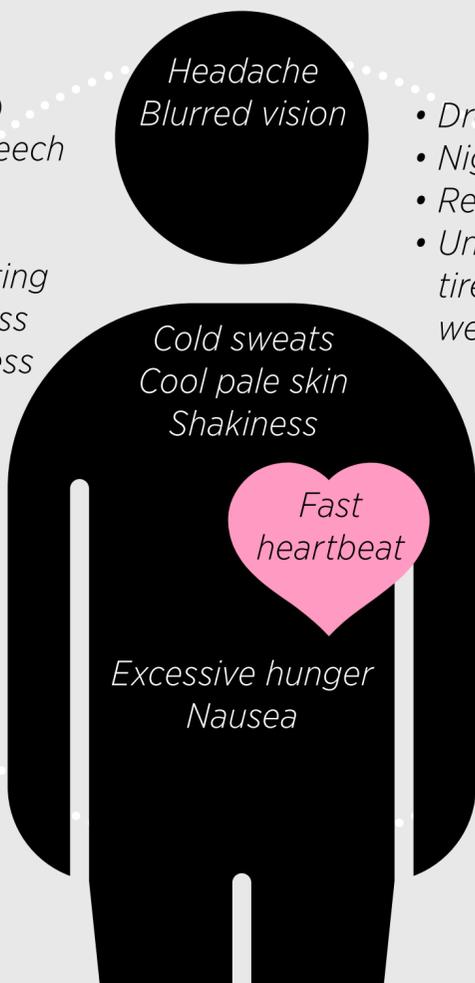
# HIGH & LOW BLOOD SUGAR MANAGEMENT

The goal with blood sugar management is to aim for blood sugar levels within your target range at least 70% of the time. The best way is to look for patterns that you can act on. It is common to experience high and low blood sugars occasionally that are out of range. Knowing how to prevent them and what to do if they happen will keep you safe and help you reach your goals. In this section, we will help you learn the signs and symptoms of hypoglycemia and hyperglycemia, why highs and lows happen, and what action to take when they do. Though the symptoms vary from person to person, most experience the following symptoms:

## HYPOGLYCEMIA

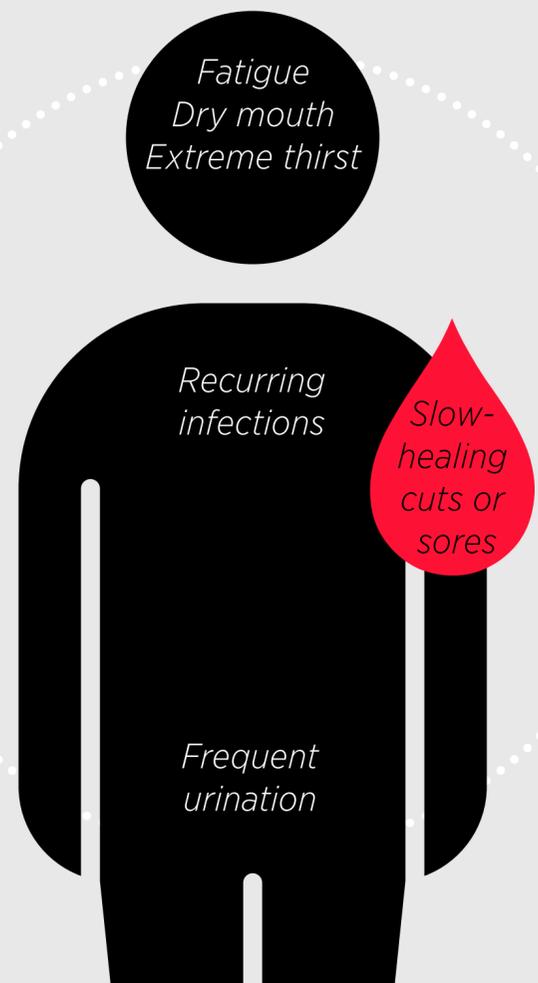
(low blood sugar)

- Behavior change (similar to being drunk)
- Slurred speech
- Confusion
- Difficulty concentrating
- Anxiousness
- Nervousness



## HYPERGLYCEMIA

(high blood sugar)



# HYPOGLYCEMIA

## LOW BLOOD SUGAR

### SIGNS & SYMPTOMS

Hypoglycemia is when your blood sugar level drops below 70 mg/dL. Low blood sugar is dangerous and needs to be treated immediately whether or not you have symptoms. Left untreated, hypoglycemia can have severe consequences like seizures and unresponsiveness.

### What causes hypoglycemia?

Several things can cause hypoglycemia, including:



**MISSING  
A MEAL**



**EXERCISING  
A LOT**



**NOT EATING ENOUGH  
FOOD FOR THE AMOUNT  
OF INSULIN YOU'VE TAKEN**

It's crucial to immediately monitor and treat low blood sugar to prevent it from becoming severely low, which requires the help of another person.

**How do you treat hypoglycemia?** It's important to know that treating hypoglycemia depends on how low your blood sugar reading is and whether or not you're alert or awake.

**IF YOU'RE AWAKE...** treat hypoglycemia with 15 grams\* of simple carbohydrates such as:

- Glucose tabs (4 tablets)
- Glucose gel (1 tube)
- Regular soda (4 ounces or half cup)
- Juice (4 ounces or half cup)
- Granulated sugar (4 teaspoons)

You should check your blood sugar level 15 minutes after treatment. If it's still below 70 mg/dL, take another 15 grams of simple carbohydrates.<sup>11</sup>

If you're sick at the time of a low, the number to consider a hypoglycemic event should be higher (about 100 mg/dL).<sup>12</sup>

**IF YOU'RE UNCONSCIOUS...** someone should treat you with glucagon and call emergency services.

**What is Glucagon?** Glucagon is a hormone medicine used to raise blood sugar in emergencies when a person with diabetes is experiencing severe hypoglycemia and cannot orally (by mouth) take sugar.

**Glucagon comes in several forms including:**

- A nasal spray
- Autoinjectors
- Prefilled syringe
- A powder (must be mixed with a liquid before injecting)

Anyone taking insulin should have a source of glucagon and should instruct key people where it is located and how to administer it if you become unconscious.

\*The number of carbs to treat a low should be personalized, so ask your doctor or diabetes care & specialist what it should be for you!

<sup>11</sup> [diabetes.org/living-with-diabetes/treatment-care/hypoglycemia](https://diabetes.org/living-with-diabetes/treatment-care/hypoglycemia)

<sup>12</sup> [beyondtype1.org/hypoglycemia-and-how-to-treat-it/](https://beyondtype1.org/hypoglycemia-and-how-to-treat-it/)



# HYPERGLYCEMIA

HIGH BLOOD SUGAR

SIGNS & SYMPTOMS

Individual blood sugar ranges vary, so talk with your diabetes team about what is considered a level for you. In general, blood sugar levels over 180mg/dL are considered high and levels over 250 mg/dL are considered dangerously high if they stay elevated.

## What causes hyperglycemia?

The following can contribute to hyperglycemia:

- Taking too little insulin or not using enough diabetes medication
- Under-counting carbohydrates at mealtimes
- Stress
- Not exercising as much as planned
- Fluctuating hormones
- Being sick or fighting an infection—including recovering from an injury or recent surgery
- Emotional stress
- When insulin has expired—or if it doesn't work as well because it was exposed to extreme heat or cold

## How do you treat hyperglycemia?

- Adjust medications/insulin doses based on instructions from your doctor or diabetes specialist
- Drink water or sugar-free electrolyte solution to help your kidneys remove sugar through urine
- If your blood sugar is abnormally high, contact your healthcare team
- If you're vomiting and can't keep fluid down, you may need to go to the emergency department
- If you're sick, follow sick-day rules.
- Make sure your medications/insulin hasn't expired, been exposed to heat or cold, or otherwise gone bad
- Take note of any reasons or potential changes to your routine that may be contributing to high blood sugar: What did you eat or drink? Did you eat something higher in carbohydrates than usual? Are you stressed? Are you getting enough sleep? Are you traveling or has your exercise/eating schedule changed?

As you learn which methods are most effective at treating hyperglycemia, take note of them to use later. In your notes, be sure to include how much your blood sugar drops, any adjustments to medication, and if those adjustments helped reduce symptoms of hyperglycemia.

## TREATMENT

VOMITING?  
GO TO ER

SICK?  
SICK DAY  
RULES



ADJUST  
MEDICATION  
/INSULIN

CHECK  
EXPIRATION  
DATES

DRINK  
WATER



CALL  
HEALTHCARE  
TEAM

TAKE NOTE  
OF CAUSES



SEVERE HYPERGLYCEMIA & DIABETES-RELATED KETOACIDOSIS *next page*



# SEVERE HYPERGLYCEMIA & DIABETES-RELATED KETOACIDOSIS

## SYMPTOMS

If you experience any of these symptoms, contact your health-care provider right away.

Coma  
Fruity-smelling  
breath

- Exhaustion
- Confusion

Unexpected  
weight loss

Vomiting  
Stomach pain



# HOW CAN TECHNOLOGY HELP ME MANAGE MY DIABETES?

More and more technology is becoming available to help manage your diabetes, including devices to help you give your insulin and check your blood sugar. Use this information to talk to your healthcare team about how diabetes technology can help you manage T2D, and choose the best option for you!

## Insulin Administration

**INSULIN PENS:** An insulin pen is a device for giving insulin injections. Insulin pens can make taking insulin more convenient because they combine the medication and syringe in one handy unit.

**SMART INSULIN PENS:** A smart pen is a special insulin pen that works with a phone app to keep track of when and how much insulin you take. Smart pens can be reusable or they can be attachments that go on top of disposable insulin pens.

**INSULIN PUMPS:** Insulin pumps are small, computerized devices. They are about the size of a small cell phone and deliver insulin doses on a pre-programmed schedule.

**NON-PROGRAMMABLE DISPOSABLE PATCH PUMPS:** These are wearable insulin delivery devices designed for convenience and ease of use. They provide continuous insulin infusion without the need for complex programming.

**AUTOMATED INSULIN DELIVERY (AID) SYSTEMS:** According to the American Diabetes Association, AID systems should be the preferred insulin delivery method. Why? Because AID systems use an insulin pump and a continuous glucose monitor (CGM) that “talk to each other.” They work to mimic the human pancreas by using CGM data to determine and make insulin adjustments automatically, leading to the greatest improvements in glucose numbers.

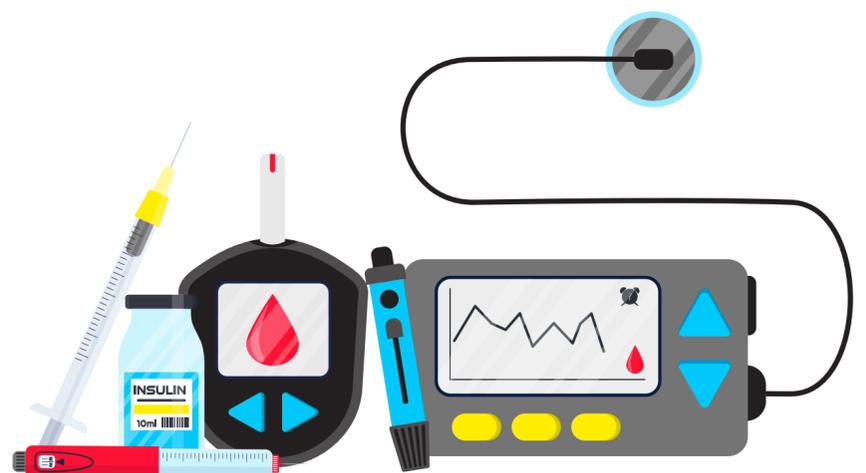
## Glucose Monitoring

**GLUCOSE METERS:** A glucose meter—also called a “glucometer”—is a medical device for determining the approximate glucose concentration in blood.

**CONTINUOUS GLUCOSE MONITOR (CGM):** A CGM is a small, wearable device that continuously tracks your blood sugar levels throughout the day and night.

## Apps

There are also lots of apps and smart technology that can help you manage your weight, exercise and carb counting.



# TIME TO REFLECT: OVERCOMING YOUR FEARS

Healthy coping is an important self-care behavior. Reflect on overcoming your fears to see what anxieties might be holding you back. Then, start moving past them!

**I have been feeling:**  **AWESOME**  **GOOD**  **OKAY**  **NOT GOOD**  **OVERWHELMED**

What are you most afraid of—or worried about—when it comes to living with or managing your diabetes? \_\_\_\_\_

How has fear held you back in life? \_\_\_\_\_

What do you need to do today to overcome your fears? \_\_\_\_\_

What have you done in the past to overcome your fear?  
*Did it work, and can some of that be applied to what scares you about living with T2D?* \_\_\_\_\_

Are there any groups or people who can help you deal with your fear? \_\_\_\_\_

Is there anything that helps you cope with or reduce your fear? \_\_\_\_\_

What can you do to make you feel safer and more in control? \_\_\_\_\_

How will you track progress in overcoming your fear? \_\_\_\_\_



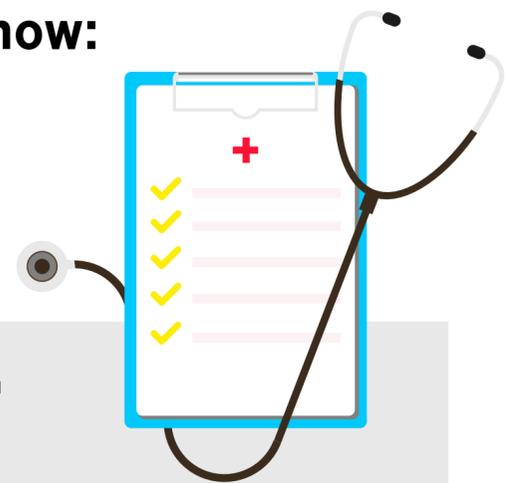
# PUTTING IT IN ACTION: MEDICAL CHECK-UP TO-DO LIST

Time can either work for you or against you. We prefer to have it work for you. You can help delay T2D complications by getting regular medical check-ups. Think of it as an investment in your long-term health and your future self will thank you for it!

## Download and read this medical check-up chart to know:

- How often you should get checked for diabetes-related complications
- The type of specialist you should see

Write down the date and result of your last check-up in each field.



## MEDICAL CHECK-UP TO-DO LIST

CHECK-UP	Healthcare Provider	Time	Date	Result
BLOOD PRESSURE	Endocrinologist	<i>Every visit with the doctor. (3-6 months)</i>		
	General Practitioner			
	Internal Medicine Specialist			
WEIGHT	Endocrinologist	<i>Every visit with the doctor. (3-6 months)</i>		
	General Practitioner			
	Internal Medicine Specialist			
	Podiatrist	<i>Annually (without Peripheral Neuropathy)</i>		
		<i>Every 1-6 months (with foot related complications)</i>		
	Dentist	<i>Every 6 months.</i>		

**DOWNLOAD**  
 this Medical  
 Check-Up  
 To-Do List

Decoding Diabetes **1**

Creating Your Best Path Forward **2**

Fuel Well to Feel Well & Move Your Body **3**

Building Your Diabetes Support Team **4**

Tap into Community & Thrive Together **5**



## TAKING ACTION

- + *Create a sick day management plan with your doctor.*
- + *Discuss your glucose management goals with your healthcare team and create a plan that will help you reach your goals while building sustainable, healthy lifestyle habits. Ask for a referral to a diabetes care and education specialist to help with all of this.*
- + *Discuss with your diabetes care team different medicines, insulins and available devices that best fit your lifestyle.*
- + *Journal and reflect on your feelings about your diagnosis and your outlook on your future with diabetes.*



*Decoding Diabetes* 1  
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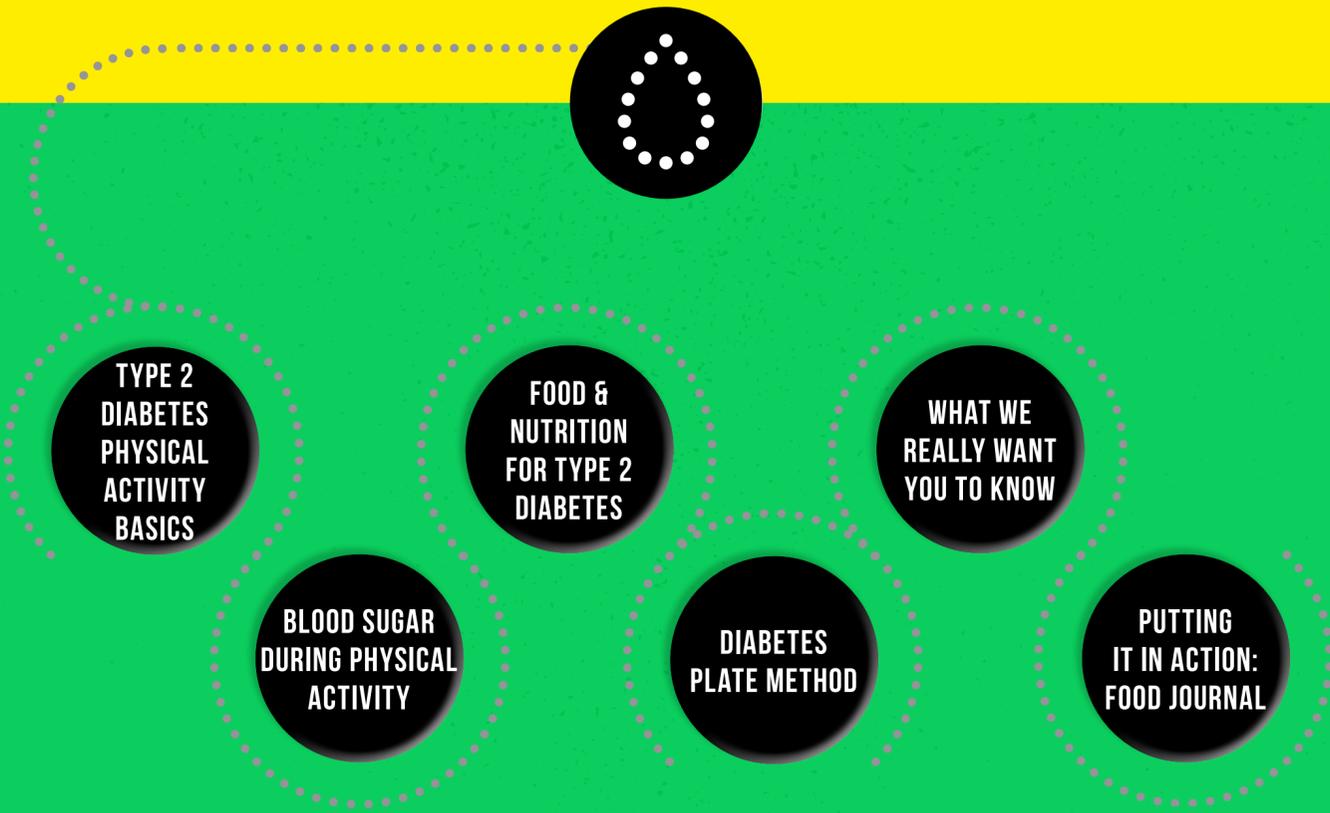


**SECTION 3**

**FUEL WELL TO FEEL WELL  
& MOVE YOUR BODY**



Decoding Diabetes 1  
Creating Your Best Path Forward 2  
**Fuel Well to Feel Well & Move Your Body 3**  
Building Your Diabetes Support Team 4  
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**“SELF-CARE IS HOW YOU TAKE YOUR POWER BACK.”**

LALAH DELIA



Decoding Diabetes 1

Creating Your Best Path Forward 2

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## MOVEMENT & NUTRITION AS A HEALTH TOOL

“My approach to using movement as a mental health therapy has changed over time. It started with running races and has progressed to include quick dog walks during the day and at-home weight training or yoga. **THIS GIVES ME A GOOD START TO THE DAY AND ALLOWS ME TO HAVE BREAKFAST WITHOUT EXPERIENCING A SHARP RISE IN BLOOD SUGAR.** Even on the days I lack motivation, I make movement playful, such as when I go to the park with my dog and hang out on the swings. This approach brings joy to my day and keeps me moving without the pressure of strict workout schedules.

Finding nutritional balance has been difficult for someone like me with a history of eating disorders, but it is essential. My approach is that food should be delicious and satisfying, while also being balanced. It's about satisfying appetites without causing an excessive rise in blood sugar. This means allowing myself to enjoy foods I love while managing my diabetes effectively.

— Alexandra



[VIEW](#)  
Alexandra's video



# TYPE 2 DIABETES

## PHYSICAL ACTIVITY BASICS

Exercising with T2D can be challenging—especially if you haven’t been active. Every little bit helps though, and starting small is more than okay. That first step could be to take a light walk with a loved one, your pet or by yourself. Into your daily routine, you can also incorporate walking—instead of driving—to the grocery store, or taking the stairs instead of the elevator.

### Benefits of being physically active

Moving can do wonders for your blood sugar. While you move, your body may use glucose as an energy source for its cells and makes your body more responsive to the actions of your insulin. In the short term, physical activity can lower your blood sugar for up to 24 hours.<sup>13</sup>

#### REGULAR PHYSICAL ACTIVITY DECREASES YOUR RISKS OF:

- Cardiovascular disease
- Stroke
- High blood pressure
- Other chronic illnesses

Additionally, it aids in stress management and—as you age—reduces the risk of fractures due to decreased bone density.

#### OVER TIME, REGULAR EXERCISE CAN HELP:

- Lower your A1C
- Reduce your risk of diabetes complications
- Improve your physical fitness

It’s not easy to predict how your blood sugar will respond to different activities, so it’s important to plan for blood sugar lows and highs.

<sup>13</sup> [diabetes.org/health-wellness/fitness/blood-glucose-and-exercise#:~:text=Physical%20activity%20can%20lower%20your,see%20the%20benefits%20of%20activity](https://diabetes.org/health-wellness/fitness/blood-glucose-and-exercise#:~:text=Physical%20activity%20can%20lower%20your,see%20the%20benefits%20of%20activity)



# PREVENTING & TREATING BLOOD SUGAR DURING PHYSICAL ACTIVITY

## Low Blood Sugar



- Always have at least 15-20g of fast-acting carbs on hand.
- Keep in mind that skipping meals and engaging in intense or prolonged physical activity increases your risk of hypoglycemia.
- Eat a light meal approximately one hour before working out—if at all possible.

**While you're working out, keep an eye on your blood sugar levels and be aware of any hypoglycemia signs, which include:**

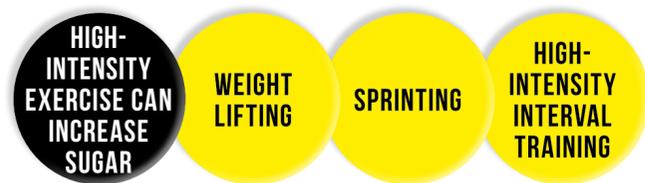
- Shakiness
- Excessive Hunger
- Weakness
- Fast heartbeat
- Difficulty concentrating

Always be prepared for a low-blood sugar emergency. Get a prescription for glucagon and keep it nearby. If you're working out with a trainer or a friend, show them how to use your glucagon (nasal or injectable) so they can treat you in case of an emergency.

## Be Flexible and Experiment!

- Before and/or after exercise, check your blood sugar levels.
- Through safe trial and error, you can become familiar with your body's response to your preferred modes of exercise.
- To see what keeps your blood sugar in range, try to keep track of your insulin doses and carbohydrate intake.
- Occasionally step back to see what works—and what does not!

## High Blood Sugar



Certain high-intensity or anaerobic exercises, such as weight lifting, can stimulate glucose production by the liver, leading to an increase in blood glucose. During these exercises, your muscles need more energy, which is why you'll see a temporary increase in blood sugar levels. Other anaerobic exercises include sprinting, and high-intensity interval training.

**Before beginning any workout, check your blood sugar, as well as during and after.** If your blood sugar is too high (250 mg/dL or above) wait until your blood sugar comes down before proceeding with exercise.

**WHEN YOU ARE PHYSICALLY ACTIVE, ALWAYS HAVE THE FOLLOWING ON HAND:**



# FOOD & NUTRITION FOR TYPE 2 DIABETES



Eating well is one of life’s greatest pleasures. Making healthy, balanced choices is good for everyone—not just for people who have T2D. Eating healthy while living with T2D doesn’t mean giving up your favorite foods.

Meal planning with T2D takes some getting used to, but eventually, you will find a balance between:

- Eating what you love
- Avoiding blood sugar highs and lows

To learn more about healthy ways to eat with T2D, check out the [recipes](#) available on our website.

## Where do I start?

Being aware of where you’re starting from will help you and your diabetes care team identify any changes needed to manage your new condition.

Start by looking at what you’re eating now—and how often. Learn to read food labels and understand recommended portion sizes. This will help you estimate your actual food intake.

Medicare and other insurances will cover a visit with a registered dietitian nutritionist who can help you with meal planning, eating out, portion sizes, carbohydrate counting, and more. Ask your doctor for a referral.

## Should I follow a special diet?

There really isn’t one meal plan that fits everyone. However, as you develop a meal plan that works for you, there are some recommendations that can serve as a starting point.

### EASY RECOMMENDATIONS

- Choose non-starchy vegetables like broccoli, peppers, spinach, and asparagus.

- Keep added sugars and refined grains to a minimum (e.g. *white bread, white rice, sugary cereals, and packaged crackers*) and replace them with whole grains.
- Choose whole foods found in the produce section instead of highly processed, packaged foods found in the center aisle of your grocery store.
- As often as possible, replace sugar-sweetened beverages with water.

### CARB COUNTING IS SMART PLANNING

Carbs have a big impact on your blood sugar levels. If you use insulin, finding the right balance between the amount of insulin you take and the carbohydrate you eat will help you avoid blood sugar highs and lows.

You can’t count what you don’t know, so start with a scale and a measuring cup. When you look for values on labels, read the “total carbohydrate” line, which includes the three main types of carbs: sugars, starches, and fiber. Always check the serving size. Just like anyone trying to eat healthy, it’s best to avoid foods that have >20% added sugars per serving listed on the label. You won’t always have to measure and weigh food, and there are many apps to help you with carb counting.

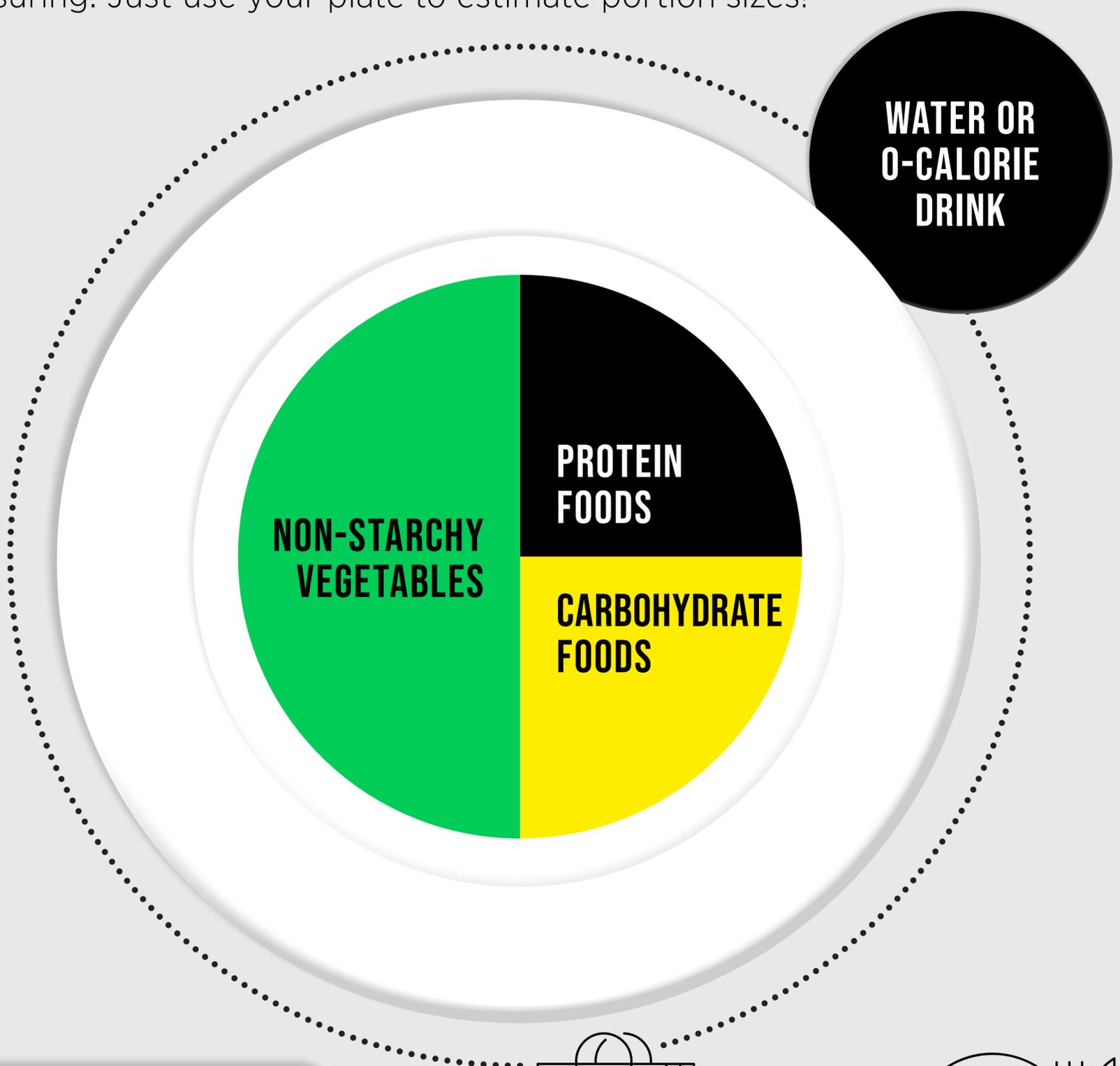
### LOG IT TO LEARN IT

For all the measuring and counting, not all foods affect all people in the same way. One great tool is to create a log or use an app to test how similar foods and portion sizes impact your blood sugar, and if you take insulin, with different insulin doses. Reviewing the results several times can help you to come up with your ideal dose. With practice, you’ll become an expert at estimating portions.

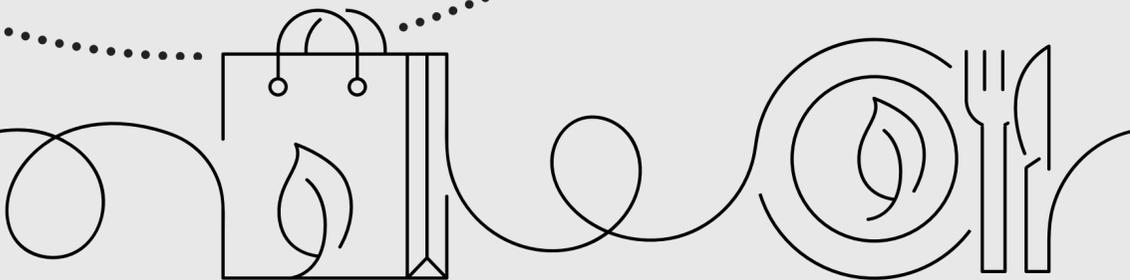


# DIABETES PLATE METHOD

If you're looking for an easy place to start, try following the Diabetes Plate Method from the American Diabetes Association. This simple guide offers a stress-free way to plan your portions without counting, calculating, or measuring. Just use your plate to estimate portion sizes!



**DOWNLOAD** a more detailed infographic of the Diabetes Plate Method for more information on each of the four categories!



*Decoding Diabetes* 1  
*Creating Your Best Path Forward* 2  
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*Building Your Diabetes Support Team* 4  
*Tap into Community & Thrive Together* 5

# WHAT WE REALLY WANT YOU TO KNOW ABOUT BEING ACTIVE & NUTRITION

Physical activity and nutrition play a big role in T2D and blood sugar management.

## It is important to remember that:

- Your body is as unique as you are
- There is no single “best approach” to being active and eating healthy

## Start slow and steady with a light walk each day—it can do wonders for your health!

- Try to include a combination of aerobic and resistance exercise
- Make sure to check your blood sugar levels before, during, and after your activity
- Always keep diabetes supplies on hand

Eating healthy is about finding the balance between tasty foods and healthy portions. Carbs are especially important, and counting carbs can be very helpful until you get used to estimating portions and how they affect your body.



# PUTTING IT IN ACTION: FOOD JOURNAL

To keep track of your daily meals and see how they affect your body and blood sugar levels, [download](#) and print Beyond Type 2's food journal. Repeat this for several days and see if you can spot any patterns!

## MEAL 1

MEAL SIZE: SM MED LG

HOME / TAKE OUT

STRESS LEVEL: HIGH MED LOW

HOW I FELT BEFORE:

2 HOURS AFTER:

What I did well today...

---

What I can do better tomorrow...

---

I ATE:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

BLOOD SUGAR:

WATER INTAKE:

## MEAL 1

MEAL SIZE: SM MED LG

HOME / TAKE OUT

STRESS LEVEL: HIGH MED LOW

HOW I FELT BEFORE:

2 HOURS AFTER:

What I did well today...

---

What I can do better tomorrow...

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I ATE:

\_\_\_\_\_

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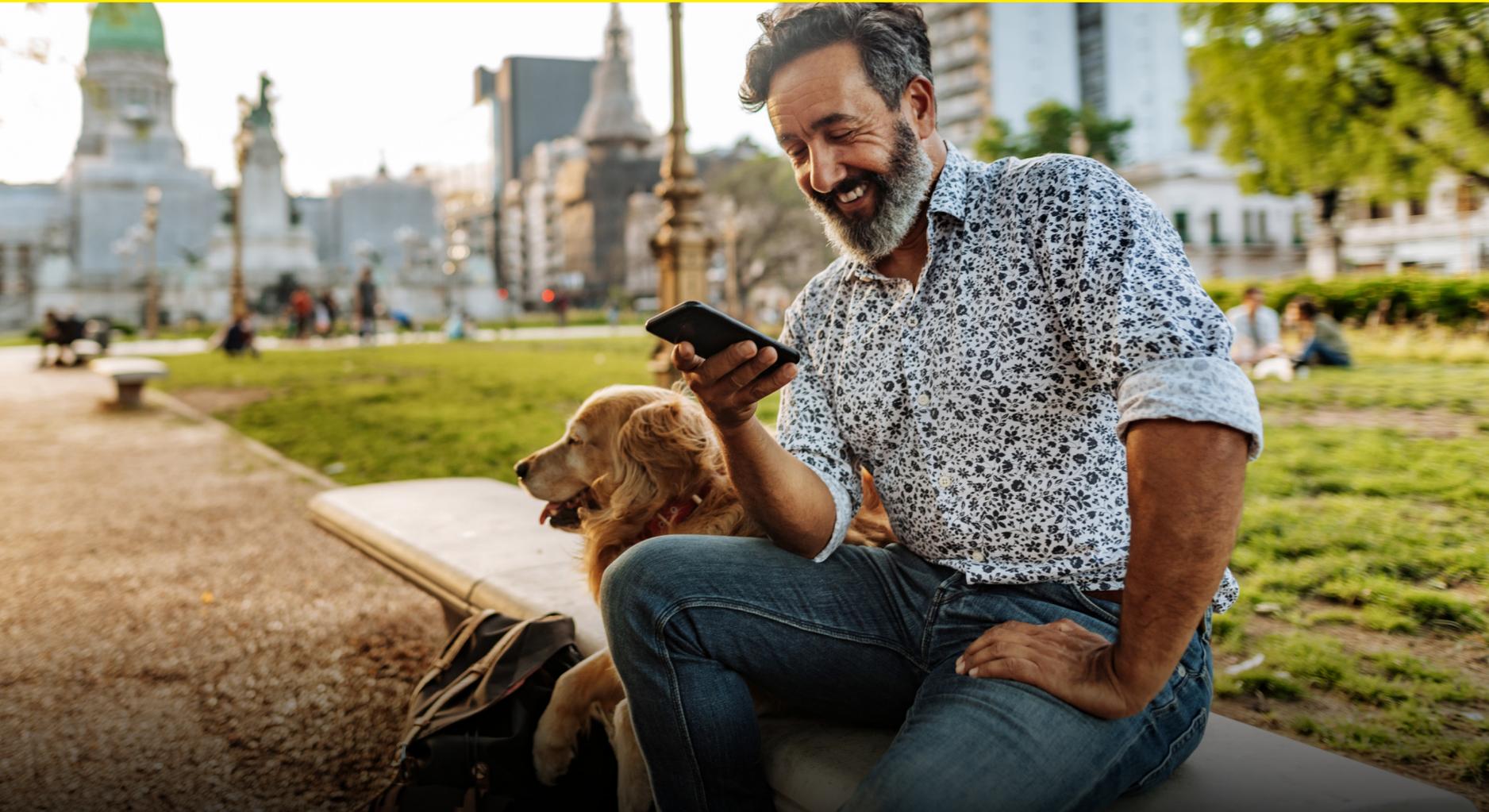
\_\_\_\_\_

BLOOD SUGAR:

WATER INTAKE:



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# TAKING ACTION

- + *Work with your dietitian to identify smart swaps and appropriate portions for your favorite foods. Your dietitian can help you create a meal plan that fits your preferences and nutritional needs.*
- + *Collaborate with your healthcare team to develop a safe physical activity plan tailored to your health status and fitness level.*
- + *Journal and reflect on your feelings about your diagnosis and your outlook on your future with diabetes, including your relationship with food and exercise.*



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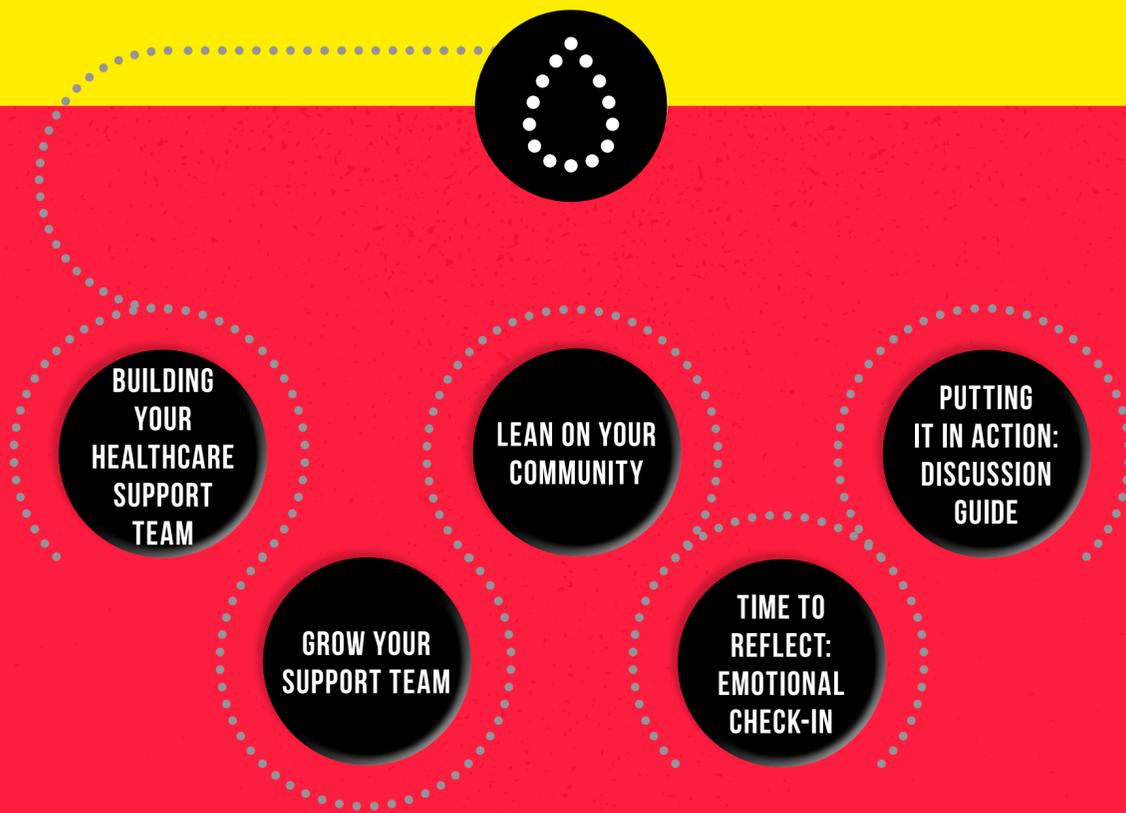


**SECTION 4**

**BUILDING  
YOUR DIABETES  
SUPPORT TEAM**



Decoding Diabetes **1**  
Creating Your Best Path Forward **2**  
Fuel Well to Feel Well & Move Your Body **3**  
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**“FIND A GROUP OF PEOPLE WHO CHALLENGE AND INSPIRE YOU, SPEND A LOT OF TIME WITH THEM, AND IT WILL CHANGE YOUR LIFE.”**

AMY POEHLER



Decoding Diabetes 1

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## THE IMPORTANCE OF FINDING A SUPPORTIVE TEAM

“I have had type 2 diabetes for eight years and diabetes management is never easy, but it gets better after your initial diagnosis. There comes a time when you have the necessary tools, understand what works and what doesn’t for you, and are able to stand up for yourself.

When you are diagnosed, you may feel overwhelmed since—in my opinion—much of the information you have about type 2 diabetes is based on myths, stigmas, and misconceptions from society. However, managing diabetes becomes a lot simpler when you actually put it into practice by living it on a daily basis.

I also feel like diabetes education has had an impact on my life. I met with a diabetes educator right when I was first diagnosed, and I remember her distinctly telling me, **‘DON’T LET DIABETES RULE YOUR LIFE BECAUSE IT DOESN’T HAVE TO.’ FROM THAT MOMENT ON, I KNEW THAT DIABETES WAS GOING TO BE PART OF MY LIFE, BUT IT WASN’T GOING TO BE ABSOLUTELY EVERYTHING.**”

— Alysse D’alessandro



[VIEW](#)  
Alysse's video



# BUILDING YOUR HEALTHCARE SUPPORT TEAM

A lack of information and guidance following a T2D diagnosis can be stressful—even dangerous. Find a diabetes specialist you trust. It will change your entire T2D experience and keep you healthier now—and in the future. As a person living with diabetes, you will find that you’ll need to be or will need to become the leading expert on your own body, which you know best and spend the most time with. A great diabetes specialist will honor this and work in partnership with you to manage your diabetes. When choosing a diabetes specialist, remember that you are in the driver’s seat! You should approach meeting a new healthcare provider like an interview—you’re seeing if this person is a good fit to help manage your T2D.

## CHOOSE YOUR DIABETES SPECIALIST

### Endocrinologist

- Many people with diabetes choose to see an endocrinologist.
- An endocrinologist is a doctor who specializes in hormones and works with people who have all types of diabetes.
- Traditionally endocrinologists specialize in diabetes.
- Endocrinologists can provide you with their expertise, tools, and resources specific to your symptoms and condition.



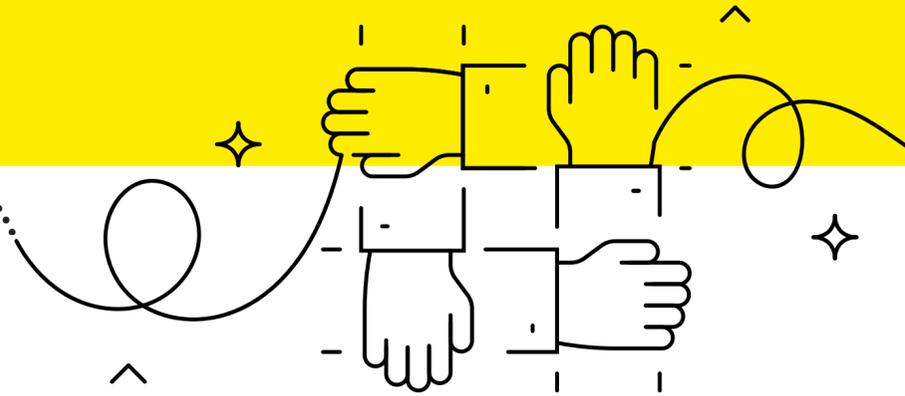
### Primary Care Physician

- Some primary care physicians (PCP) are well-versed in managing diabetes, and may be a good resource for you.
- Nurse Practitioners and Physician Associates are advanced practice clinicians who help manage diabetes and may offer additional education.



**Go with your intuition:** Does the diabetes specialist spend enough time explaining what’s going on? Do you feel like you fully understand what they are explaining? The responsibility to be clear and understandable is on the healthcare provider. Are they acting like your partner in your healthcare journey? Are they recommending options you can try? Are they listening and asking follow-up questions when you’re hesitant?

# GROW YOUR SUPPORT TEAM



Managing diabetes means managing the health of the whole body. This is why you'll want to have a diabetes care team that includes specialists from different fields. Clinical pharmacists help with medication management and dietitians help with meal planning, carb counting, and other nutrition-related concerns. Exercise physiologists help develop customized fitness plans to improve cardiovascular health, flexibility, and body composition.

**CERTIFIED DIABETES CARE & EDUCATION SPECIALIST (CDCES):** A CDCES is your overall partner in care and can help you manage many aspects of your diabetes care. Your CDCES can:

- Troubleshoot care issues
- Identify health patterns
- Teach you and help you use diabetes technology
- Find cost-saving programs
- Help tackle mental health hurdles and change habits

**DIETITIAN:** Forget what you might have heard—there is no such thing as a “diabetes diet.” You have unique nutritional needs and ways of responding to different foods. A dietitian can help you:

- Figure out which foods are having the biggest impact on your blood sugar levels
- Plan meals and snacks that are both nutritious and don't feel restrictive
- Make sure your relationship with eating remains positive and balanced

**CARDIOLOGIST:** Living with diabetes increases your risk of cardiovascular disease, so it's important to practice good heart health habits. If you have a history of heart issues in your family—or any personal risk factors like high blood pressure or high cholesterol—consult your healthcare team for assistance in reducing your risk factors.

**MENTAL HEALTH PROVIDER:** Being diagnosed with diabetes means absorbing a ton of new information in a short amount of time. It's normal to feel overwhelmed or anxious, and to need extra support to work through new hurdles. Luckily, there are many ways to access mental health support—including therapists available for video counseling sessions. You can even find a therapist well-versed in diabetes management.

**PHARMACIST:** A local pharmacist who knows your medical background can walk you through new medications and keep an eye out for your refills. Because of the potential lack of insurance coverage and the high cost of diabetes drugs, the pharmacy is also the place where you're most likely to run into surprise cost issues. Having a pharmacist as your advocate will make these situations more manageable. If you're having trouble with insulin costs, visit [GetInsulin.org](https://www.getinsulin.org) to build an access plan that works for you.

**CLINICAL PHARMACIST:** The clinical pharmacist works closely with individuals with diabetes to improve their health and well-being. They are experts in different medications and assist the diabetes care team in managing medication doses and understanding when and how to take other medicines. The guidance they provide is vital in helping people with diabetes lead healthier lives.



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# LEAN ON YOUR COMMUNITY

You can find a community of people living with type 2 diabetes through the Beyond Type 1 and Beyond Type 2 community platforms. In-person community meetups are often posted on each community platform.



## TAKING CARE OF YOUR MENTAL HEALTH

*Among people with T2D, mental health must be nurtured with compassion. With everything you have to manage, achieving mental-health balance while living with T2D can be a challenge. If you're struggling, many resources are available to support you.*

### **REACH OUT TO FRIENDS & FAMILY**

Be open with your friends and family about how you're feeling. No matter what you're going through, you're never really in it alone—at least, you don't have to be. Sharing your thoughts and feelings with your loved ones can help them understand and give them fuel from some talk therapy!

### **FIND SUPPORT IN YOUR LOCAL COMMUNITY**

The National Alliance on Mental Illness (NAMI) is a nationwide grassroots association that organizes the work of more than 500 local affiliates, focused on raising awareness and providing support for anyone facing mental illness. By calling or emailing [NAMI's help line](#), you can be connected with appropriate local resources where you live. NAMI also provides support for family members and loved ones of anyone dealing with mental health issues.

### **ONLINE SUPPORT GROUPS**

Beyond Type 2's [community app](#)—available on desktop as well as Android and iOS devices—allows fellow T2Ds to connect.



# TIME TO REFLECT: EMOTIONAL CHECK-IN

Checking in with yourself now and then to see how you're doing can help you communicate your feelings to others—and keep you grounded. It can help you regulate your emotions, find inner peace, give you perspective, reduce self-criticism and enjoy the present moment. So go ahead, download and print your emotional check-in journal, and spend some time with you! Print and reuse as many times as you want!

**I have been feeling:**

				
<b>AWESOME</b>	<b>GOOD</b>	<b>OKAY</b>	<b>NOT GOOD</b>	<b>OVERWHELMED</b>

What's going on for me right now is... \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What really makes me happy is.... \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

If I knew I could not fail, I would... \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What's not working for me right now is... \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What I need to accept is... \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

The most important thing in my life is... \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What I need to let go of is... \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



# PUTTING IT IN ACTION: A DISCUSSION GUIDE FOR YOUR HEALTHCARE PROVIDER

Not everyone feels comfortable talking to their doctor about their diabetes, and not everyone knows what questions to ask. As hard as it can be, advocating for yourself is a big part of your diabetes self-management. Simply put: for your needs to be met, they must first be heard! Having an “Action Plan” with your healthcare team can help prepare you for appointments—and make the most of them.

## YOUR HEALTHCARE PROVIDER DISCUSSION GUIDE

*Print out this discussion guide and bring it with you to your next clinic or hospital visit. Be sure to ask your healthcare provider to:*

### CONFIRM YOUR TYPE OF DIABETES:

Do I have Type 1 Diabetes or Type 2 Diabetes?

---

Is there something specific to my type of diabetes that I should know?

---



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### TALK ABOUT BLOOD SUGAR MANAGEMENT:

Have them explain what A1C<sup>14</sup> and time in range mean—and the difference between the two.

---



---

### RANGE AND A1C LEVELS:

What tools are available to help me monitor my blood sugar levels?

---



---

Can I get access to a continuous blood sugar monitor (CGM)?

---

Can you tell me how often I should be checking my blood sugar and tips to help manage my numbers?

---



---



**DOWNLOAD**  
and print

*14 [beyondtype1.org/understanding-your-a1c/](https://beyondtype1.org/understanding-your-a1c/)*



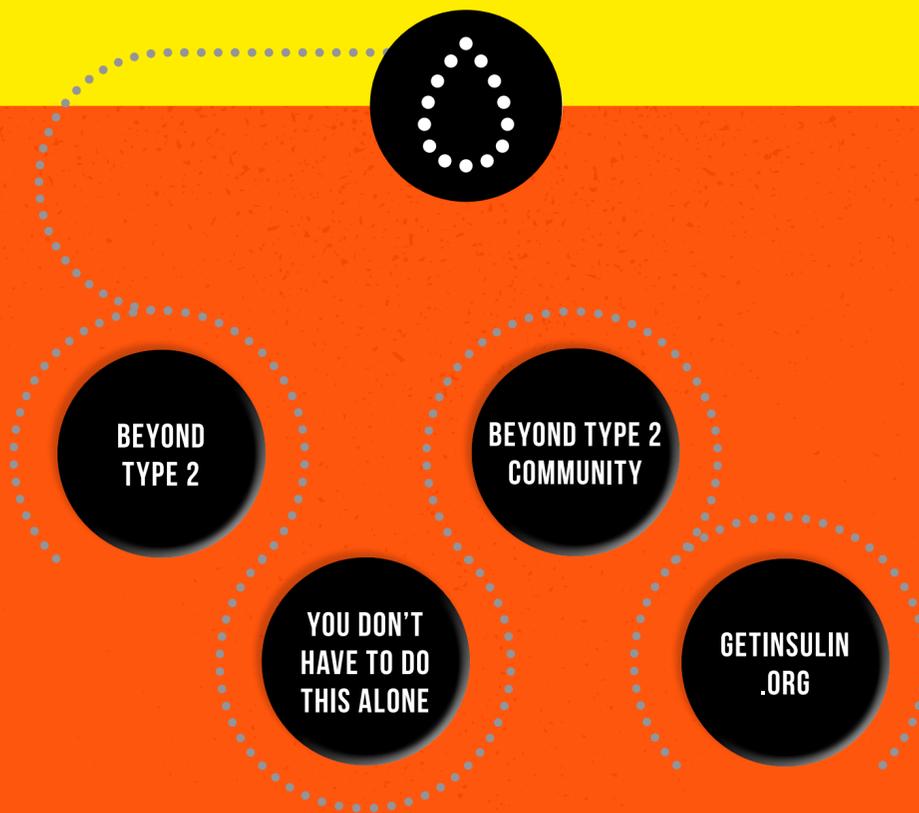
*Decoding Diabetes* **1**  
*Creating Your Best Path Forward* **2**  
*Fuel Well to Feel Well & Move Your Body* **3**  
*Building Your Diabetes Support Team* **4**  
*Tap into Community & Thrive Together* **5**

**SECTION 5**

**TAP INTO COMMUNITY  
& THRIVE TOGETHER**



*Decoding Diabetes* **1**  
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**“WE” MULTIPLIES THE  
POWER OF “I”**

ANIEKEE TOCHUKWU



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Beyond Type 2 is a global movement working to help those with diabetes not only survive—but thrive. We are a community of leaders working to fight the disease and make our voices heard—from everyday people, students, and activists to scientists, athletes, and celebrities. We come from all walks of life and we work together to save lives, protect our health, and inspire people to achieve what they never thought possible. In a world in which everyone deserves to thrive, we transform the challenges of life with diabetes into strengths.

*Beyond Type 1 is a 501(c)(3) tax-exempt nonprofit organization, under charitable ID #47-3336640.*



# YOU DON'T HAVE TO DO THIS ALONE

What a world of difference the right support group can make! Not just the support, but also the joy of meeting and clicking with people who also live with T2D and who get it. Finding your tribe.

## **Find your peer group...or groups!**

There's something about finding a safe space where you share stories, struggles and successes with other people who share your reality. We've listed a few Beyond Type 1 programs below so you get an idea of the support that's available, but this just scratches the surface. Check out the [Beyond Type 2 Portfolio](#) for more awesome programs and resources!

## **What do you get?**

- The opportunity to network with other people with diabetes using any chosen means of communication
- A free buddy matching service based on the unique criteria submitted by the participant
- The opportunity to vent, share, learn and get/give support with someone who "gets it"
- A downloadable toolkit with prompts to help the participant get started communicating with their new peer



# BEYOND TYPE 2 COMMUNITY

The Beyond Type 1 and Beyond Type 2 Community apps are diabetes type-specific online communities and resource libraries where people impacted by diabetes connect with each other to ask questions, share successes and vent in a semi-private forum.

## What do you get?

**Community connection with people who get it**—from people living with diabetes to caretakers and family members, the Beyond Type 1 and Beyond Type 2 Communities offer a protected and instant place for people impacted by diabetes to let their guard down and know they're in the company of people who understand.

- Content including resources, stories and ideas, as well as go-at-your-own-pace support programs and virtual meetups, for living better with diabetes
- Ability to access the community on desktop or through the convenience of a mobile app
- Ability to experience the Beyond Type 2 culture, ethos and intent in an online social setting

Joining takes only a few minutes and you can download the App on [Google Play](#) or the [App Store](#).



GOOGLE PLAY



APP STORE



Decoding Diabetes 1  
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# GETINSULIN.ORG

[GetInsulin.org](https://getinsulin.org) helps people with diabetes sustainably access the insulin they need to survive and successfully manage their diabetes. Using basic demographic information provided by the user, GetInsulin.org's Action Plan tool determines the insulin affordability programs available to them, then provides easy-to-understand next steps for access.



**Accessing insulin in the U.S. often needs clarification;** it is expensive and profoundly scary. Insulin isn't just a life-saving drug; it's life-sustaining for anyone who needs it to survive.



Launched in October 2020, GetInsulin.org is a first-of-its-kind program led by Beyond Type 1 that helps U.S. residents access the insulin they need quickly and at the lowest possible cost.



VISIT  
[getinsulin.org](https://getinsulin.org)  
for more  
information



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# life more humann.<sup>SM</sup>

At MannKind, we believe that meal times should be some of the best times of the day. Carefree, worry-free moments enjoyed with loved ones. That's why we're bringing cutting-edge glucose management to the table, with novel therapeutic products and technologies for people living with type 1 and type 2 diabetes. Empowering them to take control of their health, so they can do more than simply manage their condition—they can get the most out of life.

This is what it means to be humann.

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