



Cornerstones4Care®

Living with diabetes

Your guide to eating healthy, being active,
and taking medicines



Track your:



blood sugar



activity



meals



medicines

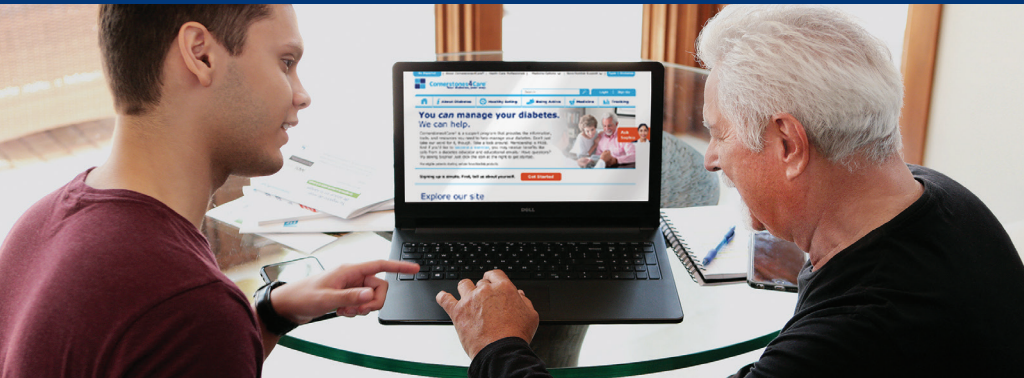
Visit [Cornerstones4Care.com](https://www.cornerstones4care.com)
to learn more



novo nordisk®



The Diabetes Health Coach



A **FREE** personalized diabetes care plan that may help you manage your diabetes

You can get live and online support just for you!

Live support

- Live calls from a Certified Diabetes Educator*
- Text messages and email support

Online support

- Tools and tips whenever you want them
- Information about what matters most to you
- Build skills to help you manage your diabetes

Visit **Cornerstones4Care.com** often to:

- Sign up or log into your personal online plan
- Get up to date information on diabetes care
- Try new tools and trackers
- “Ask Sophia!” our digital assistant questions about diabetes



Cornerstones4Care®

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This booklet gives you information about how to live well with diabetes. Use it to help manage your diabetes by eating healthy, being active, and taking medicines, when needed. If you have questions, be sure to reach out to your diabetes care team.

Look for this symbol throughout the booklet



Go to [Cornerstones4Care.com](https://www.cornerstones4care.com) from your smartphone, tablet, or computer for more information and support.

Also available in Spanish at [Espanol.Cornerstones4Care.com](https://www.espanol.cornerstones4care.com)

This booklet is consistent with American Diabetes Association educational materials, including the Standards of Medical Care in Diabetes. This booklet does not replace the advice of your diabetes care team. Be sure to talk with your diabetes care team about a diabetes care plan that is right for you.



Living healthy

In this section:

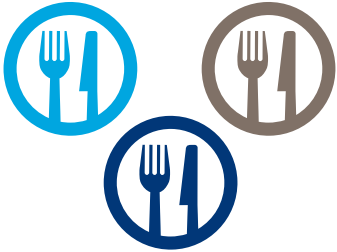
- ✓ Healthy eating
- ✓ Being active

Healthy eating

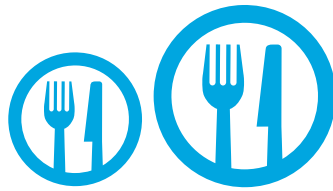
Healthy eating is an important part of managing your diabetes along with being active and taking medicines, if needed. Why? Because what, when, and how much you eat affects your blood sugar. It's also affected by how active you are.

Healthy eating is when you:

Eat a wide variety of foods each day



Watch your portion sizes



Space your meals evenly throughout the day



Don't skip meals



Your diabetes care team may suggest that you follow a healthy-eating plan. This plan can help you manage your:



Blood sugar levels



Cholesterol levels



Weight



Blood pressure

When these things are managed, you may stop or slow down the chance of getting other health problems.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about the benefits of eating healthy with diabetes.



Creating a meal plan

Work with your diabetes care team to create a meal plan that's right for you. It will likely include a variety of foods from all food groups. Be sure to discuss with your diabetes care team how you can add your favorite foods to your meal plan so you will enjoy what you eat.



Ask your diabetes care team for the booklet, *Meal planning and carb counting*. You can learn more about different types of meal plans and carb counting with diabetes. This booklet offers helpful tools and resources for planning healthy meals and managing your diabetes. Use the food lists to help you make healthy choices.



A typical healthy meal plan includes:

Complex carbohydrates, such as whole-grain bread, oats, and brown or wild rice



Fiber, which is found in beans, whole grains, fruits, and vegetables



Lean protein, such as chicken (without skin), fish, tofu, and eggs



Non-starchy vegetables, such as broccoli, carrots, and leafy greens



Low-fat dairy products, such as milk, yogurt, and calcium fortified plant-based milk



Heart-healthy fats, such as olive or canola oil, nuts, and seeds



There are many different kinds of meal plans to help manage diabetes. Work with your diabetes care team to find a plan that's right for you.



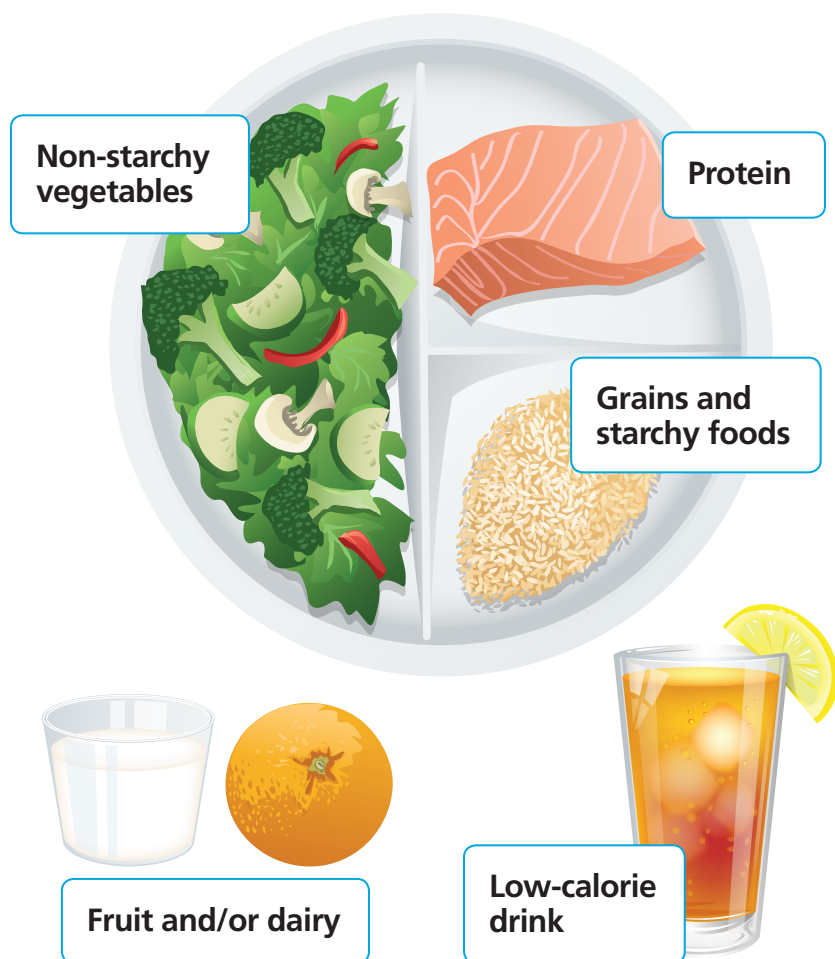
Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for healthy recipes and to find out more about creating well-balanced meals.



Meal planning

A good place to start is to try the plate method of meal planning. You use your plate as a guide to create healthy meals. This is a simple way to manage portion sizes and eat balanced meals.

Start with a 9-inch plate and imagine you have split the plate in half. Then divide one of the halves into two. Use the plate below as a guide to help you build a healthy meal.



Tips for healthy eating

Following these tips may help you make good food choices and follow your meal plan:

Read food labels

Be sure to check the serving size and the amount of carbs, fiber, and added sugar.



Measure each serving

Measuring helps you see if your portion sizes are the right amount.



Count carbs

When you eat carbs, your blood sugar level rises. So it's important to be aware of what you eat. This is especially true if you take diabetes medicines including insulin.



Set goals

Start with simple goals, such as trying a new recipe or adding more fiber to some of your meals. You can add other goals as you go.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about food and how it affects your body and blood sugar.



Being active

With diabetes, being active and eating healthy work together. Being active may help manage your blood sugar. It's also good for your overall health.

Physical activity helps:

- ✓ Lower your blood sugar
- ✓ Improve your heart health
- ✓ Lower your blood pressure and cholesterol
- ✓ Burn calories to help manage your weight
- ✓ Give you energy
- ✓ Lower stress
- ✓ Improve your sleep

Starting an activity program

If you haven't been very active, it's best to start slowly. Try 5 or 10 minutes a day. Then, increase your activity sessions by a few minutes each week. Over time your fitness will improve, and you will be able to do more.

The American Diabetes Association (ADA) recommends being active for at least 2½ hours (150 minutes) a week spread over 3 or more days a week. The ADA also recommends doing resistance exercise (exercise with weights or weight machines) 2 to 3 times per week, with a rest day in between.



Flexibility and balance exercises, such as yoga and tai chi, are recommended for older adults. Aim for 2 to 3 times a week to help with range of motion, muscle strength, and balance.

Choosing an activity

Just about anything that gets you moving is good. Choose activities you enjoy, so you don't give up. You may want to try something new with a friend or family member. You can support and motivate each other to keep going.

Some activities you might want to try:



Walk or jog



Swim or play a sport



Take a hike or ride a bike



Dance or do yoga

Always talk with your doctor before starting or changing your physical activity.

Break up long periods of time you spend sitting. It's a good idea to get up and move around every 30 minutes.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about why being active with diabetes matters.



Finding time

You may not think you have the time to add 30 minutes of activity a day. But you can break it up into sessions of 10 minutes or more.

For example, you might take a 10-minute walk after each meal. Or you could try a 15-minute bike ride in the morning and another 15-minute ride at night.

Simple ways to add activity

Being active can be easy. Try taking small, active steps each day that can add up to a lot of activity by the end of a week! Here are some examples:

At work

Park far away, take the stairs, walk at lunch, try chair exercises



At home

Walk with a friend or pet, do yardwork or garden, clean the house, go up and down the stairs, get up and move during commercials when watching TV



When you're out

Walk in a park or at the mall, take a yoga class, dance with a partner, stop and stretch on long drives



Safety tips

Follow these simple tips to stay safe during exercise:

- Ask your doctor if you should check your blood sugar before, during, and after your activity
- Bring a fast-acting carb snack, such as fruit juice or raisins, in case your blood sugar drops too low while being active
- Don't exercise if you don't feel well
- Protect your feet. Always wear shoes and socks. Check your feet before and after being active. If you injure your feet, let your diabetes care team know right away



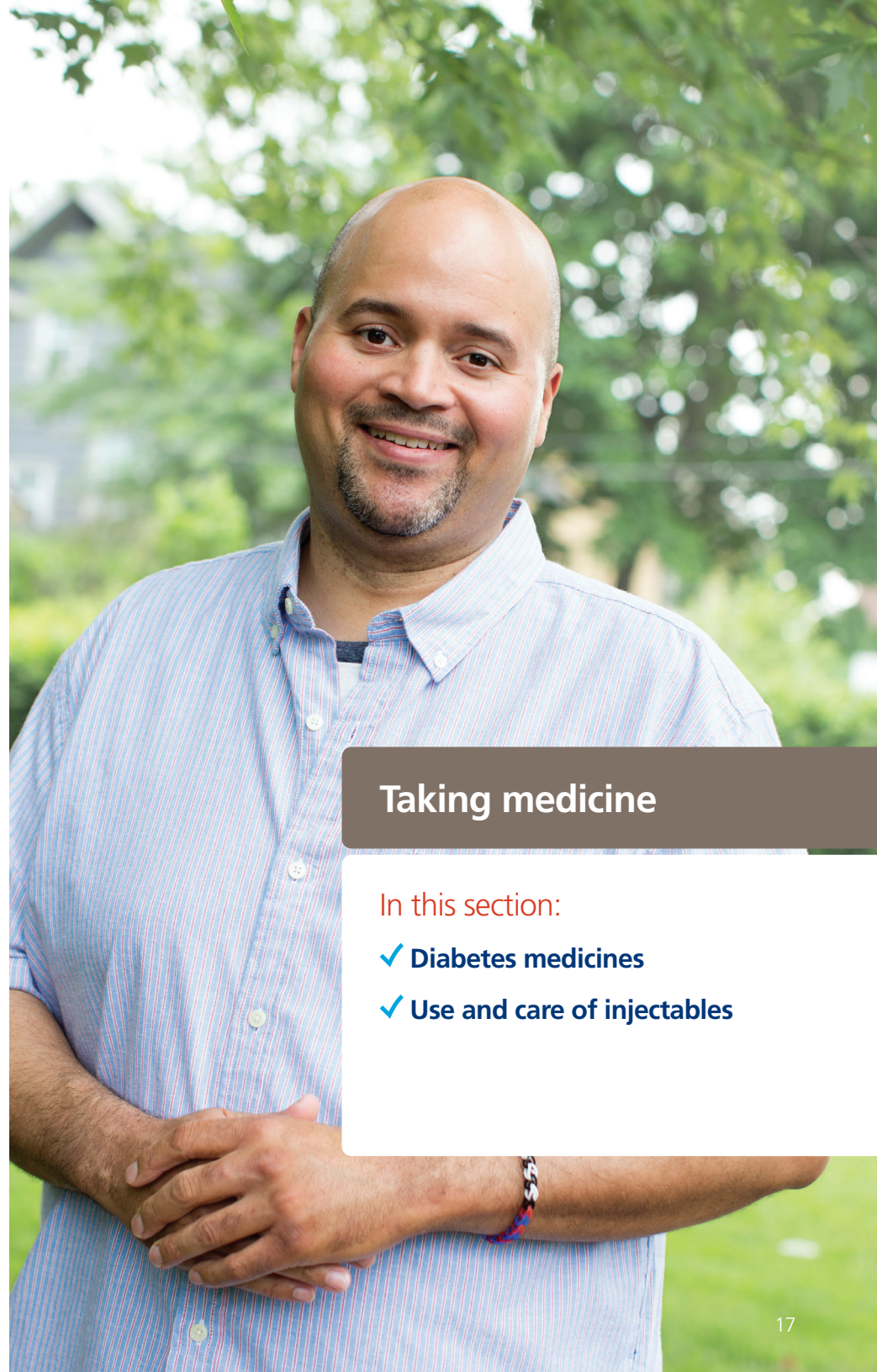
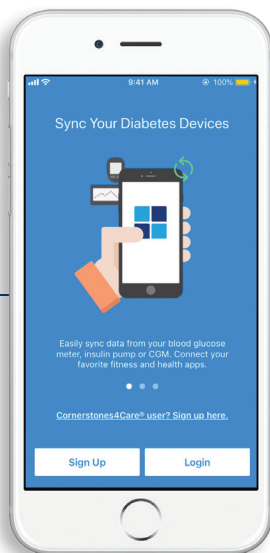
Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about how being active affects your body and blood sugar levels.

Cornerstones4Care® Powered by Glooko is a **free** app that can help you manage your diabetes.

- Track blood sugar, medicines, meals, and activity all in one place
- Connect with blood glucose meters, continuous glucose monitors (CGMs), insulin pumps, and health and fitness trackers
- Register for **Cornerstones4Care®**, a **free** diabetes support program

Simply download the **free Cornerstones4Care®** Powered by Glooko app to your mobile device from iTunes (for iPhones) or Google Play (for Android devices).

Cornerstones4Care®
Powered by *glooko*



Taking medicine

In this section:

- ✓ Diabetes medicines
- ✓ Use and care of injectables

Diabetes medicines

Diabetes changes over time. At some point, eating healthy and being active may not be enough to manage your blood sugar. Your treatment may need to change too. You might need to take a medicine for diabetes if:

- Your daily blood sugar levels stay above your goal range
- Your average blood sugar level over the past 3 months is still too high



The more you know about the medicines you take and how to take them, the easier it may be for you to manage your diabetes.

There are 2 main types of diabetes medicines to treat type 2 diabetes:

- Medicines that are taken by mouth in the form of a pill
- Medicines that are taken as an injection

The American Diabetes Association recommends different medicines that may help lower blood sugar levels. Learning about the different types of diabetes medicines may help you talk with your diabetes care team about treatment options. Together you can decide what type of medicine is right for you.

Diabetes medicines work in different ways in the body to help manage blood sugar:

Help prevent the breakdown of GLP-1, a hormone produced in the intestines

DPP-4 inhibitors

Help improve the body's response to insulin

Biguanides

Help improve the liver, muscle, and fat cells' response to insulin

TZDs

Lower the amount of sugar the liver releases

Biguanides, TZDs, GLP-1 RAs

Slow down the digestion of food

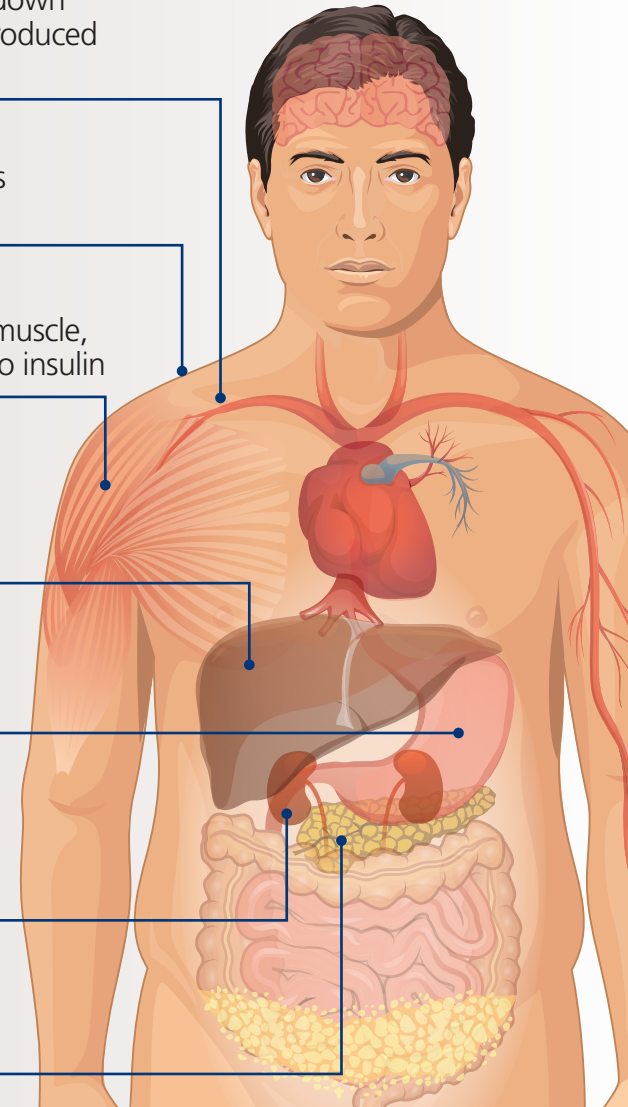
AGIs, GLP-1 RAs

Help the kidneys to get rid of extra sugar in the urine

SGLT-2 inhibitors

Help the pancreas release more insulin

Sulfonylureas, GLP-1 RAs



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about how different diabetes medicines work in your body.



Diabetes pills

There are many types of diabetes pills for people with type 2 diabetes. Pills work best when used along with meal planning and exercise.



Diabetes pills are not for everyone. They may not lower blood sugar enough. Or they may stop working after a few months or years. This doesn't mean your diabetes is worse. And it doesn't mean you have done anything wrong. It means your body has changed. You may need to try more than one type of pill, a combination of pills, injectable medicines, or pills and injectable medicines.



Your diabetes care team can help you find ways to manage side effects of diabetes medicines. To learn more about possible side effects, talk with your diabetes care team.

Types of diabetes pills

Biguanides (metformin)

What should I know about it?

- These pills reduce the amount of sugar that the liver releases
- These pills can also help improve the body's ability to respond to insulin by helping to make the cells more sensitive to insulin

Common side effects:

- These pills can cause upset stomach and diarrhea

SGLT-2 inhibitors

(canagliflozin, dapagliflozin, empagliflozin, ertugliflozin)

What should I know about it?

- Sugar in the blood is filtered by the kidneys back into the blood
- An enzyme in the kidneys called sodium-glucose transporter 2 (SGLT-2) works to reabsorb the sugar into the body
- SGLT-2 inhibitors block the reabsorption of sugar into the blood and leave it in the urine

Common side effects:

- These pills may cause dehydration, genitourinary infections, and urinary tract infections



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about your medicine options.



DPP-4 inhibitors

(alogliptin, linagliptin, saxagliptin, sitagliptin)

What should I know about it?

- These pills prevent the breakdown of GLP-1
- The body's natural GLP-1 helps to lower blood sugar levels, but it is broken down very quickly
- By blocking the breakdown of GLP-1, these pills allow GLP-1 to remain active in the body longer, lowering blood sugar levels only when they are too high

Common side effects:

- These pills are generally well tolerated

Thiazolidinediones, or TZDs

(pioglitazone, rosiglitazone)

What should I know about it?

- These pills help insulin work better in muscle, fat, and liver
- These pills improve the body's response to the insulin that it already makes
- This means that more sugar leaves the blood and enters the muscles and fat cells, where it belongs

Common side effects:

- These pills can cause weight gain and swelling

Sulfonylureas

(glimepiride, glipizide, glyburide)

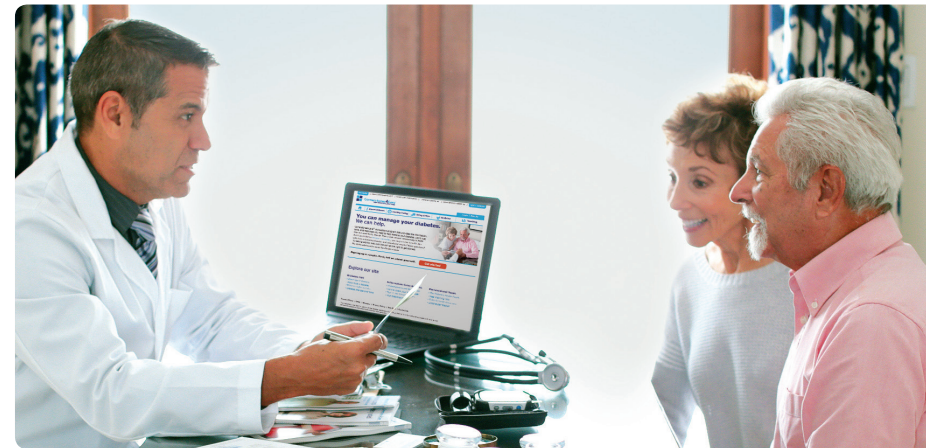
What should I know about it?

- These pills help the beta cells in the pancreas release insulin, resulting in a lowering of blood sugar

Common side effects:

- There are increased risks for low blood sugar and weight gain with these medicines

Each of these pills works in different ways to lower your blood sugar. Talk with your diabetes care team about what type of diabetes medicine might be right for you. Be sure to tell your doctor about any other medicines you take.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about diabetes pills.



Diabetes medicines you inject

In addition to diabetes pills, there are two types of diabetes medicines that are injected under the skin. They are *non-insulin injectable medicines* and *insulin*.

Non-insulin injectable medicines

Non-insulin injectable medicines are taken using a pen. There are two types of non-insulin injections.

GLP-1 RAs

What should I know about it?

- Keep the liver from making too much sugar
- Helps the pancreas release more insulin when blood sugars are high
- Slows food from moving too quickly through the stomach

Common side effects:

- This medicine may cause nausea and diarrhea

Amylin analog (pramlintide)

What should I know about it?

- Keep the liver from making too much sugar
- Slows food from moving too quickly through the stomach
- May suppress appetite

Common side effects:

- This medicine may cause nausea

Insulin

Many people with type 2 diabetes eventually need and benefit from taking insulin. The need for insulin can depend on:

- How long you have had diabetes
- How high your average blood sugar level is
- What other medicines you take
- Your overall health

Insulin you inject works like your body's own insulin. It lowers blood sugar by helping sugar move from the blood into your cells. Insulin cannot be taken as a pill. This is because the acid in your stomach would break it down during digestion, just like the protein in food. So, insulin is usually injected for your body to be able to use it. An inhaled insulin is also available.

Insulin

(analogs, human insulin)

What should I know about it?

- Helps sugar move from the blood into the body's cells

Common side effects:

- There are increased risks for low blood sugar and weight gain



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about how medicines can help you manage your diabetes.



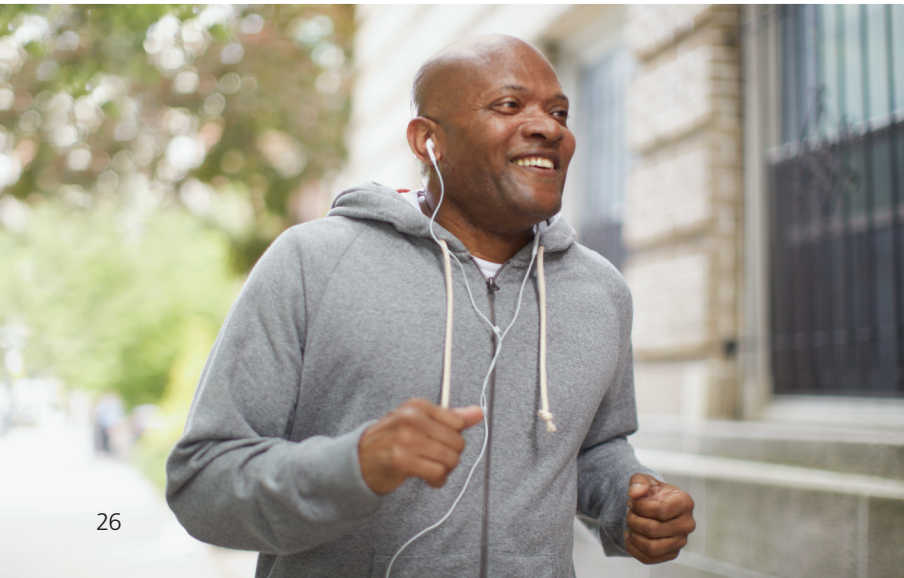
Types of insulin

There are many types of insulin. Each type affects blood sugar in different ways to match how the body should release insulin on its own.

Insulin has 3 characteristics:

- **Onset** is the length of time before the insulin starts to work
- **Peak** is the time period when the insulin has the greatest effect
- **Duration** is how long the insulin continues to work

Each type of insulin helps manage your blood sugar levels. There is not one type that is right for everyone. Each person's insulin need is different. Some people with type 2 diabetes may use two different types of insulin. And your insulin needs may change over time. If you need insulin, you and your diabetes care team will select the type that's right for you.



Onset	Peak	Duration
Rapid-acting insulin		
15 minutes	1 hour	2 to 4 hours
Regular or short-acting insulin		
30 minutes	2 to 3 hours	3 to 6 hours
Intermediate-acting insulin		
2 to 4 hours	4 to 12 hours	12 to 18 hours
Long-acting insulin		
Works slowly	Is relatively steady over time	Lasts 24-hours or longer
Premixed Specific amounts of intermediate-acting and rapid- or short-acting insulin in one bottle or insulin pen		

All times shown are approximate. Check your medicine label for more information.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about your insulin options.

What is an insulin plan?

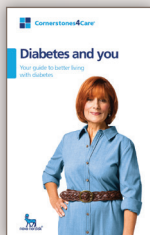
Everyone who takes insulin needs a personal insulin plan. Your diabetes care team will help you make a plan that works for you.

Your plan will tell you:

- ✓ What type of insulin to take
- ✓ When to take it
- ✓ How much insulin to take
- ✓ How often to check your blood sugar

Your plan will be based on many things, such as:

- ✓ When and how much you eat
- ✓ Your level of physical activity
- ✓ Your current blood sugar level
- ✓ Your lifestyle
- ✓ Your other medicines



Ask your diabetes care team for the booklet, *Diabetes and you*. It gives you key information about diabetes, blood sugar goals, problem solving, and healthy coping. It also offers tools and resources to help you manage your diabetes.



Combination therapy

Diabetes changes over time. At some point you may need more than one diabetes medicine even if you have been following your treatment plan. Many people use insulin or a medicine that helps the body make more insulin **plus** a medicine that helps the body use insulin better. This is called *combination therapy*.

Other medicines you may take

Diabetes can affect many parts of your body. This includes your heart, blood vessels, nerves, eyes, and kidneys. You may also need to take medicines for other health conditions, such as:

- Anti-hypertensive to help lower blood pressure
- Statin to help lower cholesterol
- Aspirin to help lower risk of heart attack
- Vaccinations (including influenza and pneumonia) to help you stay healthy



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to get tips on how to take diabetes medicines.



Use and care of injectables

You may be nervous about the idea of giving yourself injections. Many people are. But once you learn how to do it, you'll soon see that it's not nearly as scary as you may have thought.

Types of injection devices

There are different ways to take insulin and non-insulin injectable medicines. Talk with your diabetes care team about which injection device is right for you.

Prescription pen

A prescription pen looks like a writing pen. Pens can be used for both non-insulin injectable medicines and insulin. Pen needles are often shorter and thinner than those used with many syringes. The dosing dial on a pen helps you see the amount of medicine you are injecting. Pens vary in how they are used. Your diabetes care team can help you learn how to use the pen that's best for you.



Talk with your diabetes care team about your options for managing your diabetes. Be sure to tell them any concerns you may have. Remember – your diabetes care team is there to help and support you.

Needle and syringe

A syringe is a hollow tube with a plunger on one end and a needle on the other. You stick the needle into a vial of insulin and draw up your dose. Your diabetes care team can help you choose a syringe and needle size that is best for you.



Insulin pump

Insulin pumps help manage diabetes by delivering insulin as needed 24 hours a day. They send the insulin through a small, flexible tube (called a *catheter*) which goes under the skin. Pumps can be programmed to release small doses of insulin continuously. They can also release a dose close to mealtimes to manage blood sugar after a meal. This system is most like how the body should release insulin.



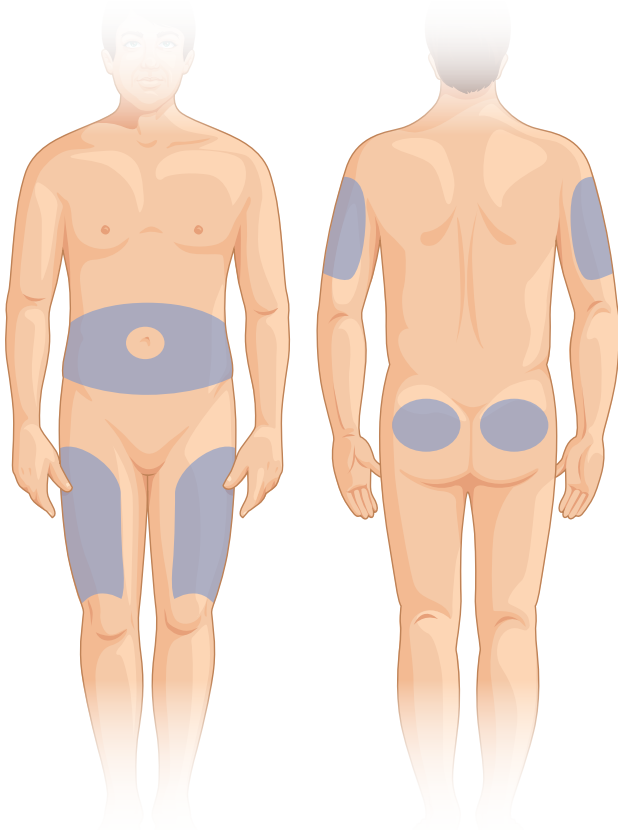
Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to read about the latest technology in pen needles and insulin pumps.



Where to inject

Injections of diabetes medicines are most often given in the layer of fat just under the skin in these areas of the body:

- Abdomen (except a 2-inch circle around your belly button)
- Thighs (outer parts)
- Back of upper arms
- Buttocks



Please refer to your individual instructions for use on how to take your medicine.

The place on your body where you inject can affect how well the medicine works. Some diabetes medicines may work better if you inject them in the same general areas each day. For instance, you can inject them in the abdomen each morning and in the thigh at bedtime. To avoid lumps or buildup of scar tissue, they should not be injected in the same exact spot each day.

Talk with your diabetes care team about where and how to inject your diabetes medicine.

If you are using insulin from a vial, always check it before you inject it. Call your doctor if your insulin looks different from how it should.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about injecting diabetes medicines.

Storage

Always check the package insert for all of your medicines. Storage information can be different for each medicine. Here are some general tips for storing injectable diabetes medicines:

- Follow the instructions on the label
- Keep new, unopened containers in the refrigerator but not too close to the cooling element
- Do not freeze injectable diabetes medicine, and do not use it if it has been frozen
- It's usually okay to store injectable medicine at room temperature for a certain amount of time after you have opened it, but check the label to make sure
- Do not let injectable medicine become too hot or too cold
- Keep injectable medicine out of bright light and sunlight
- Do not store injectable medicine in the glove compartment of a car
- Do not use injectable medicine after the expiration date on the label



Disposal

To get rid of used diabetes supplies, put needles and any empty disposable pens in a sharps container. You can also use a hard plastic or metal container with a screw top, such as a detergent bottle or empty coffee can. These containers should be sealed and disposed of the right way.

Check with your diabetes care team about the right way to throw away used syringes and needles. There may be local or state laws about this. Never throw away used needles and syringes in household trash or recycling bins.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more information about caring for your diabetes medicines.



Go to [Cornerstones4Care.com](https://www.cornerstones4care.com) to **Ask Sophia!** She is a digital assistant that can answer questions about diabetes and so much more!



Ask Sophia! is also available through your voice activated home assistant device. Simply ask your device to open "Digital Sophia!"

Ask Sophia!



"How may I help you?"



Managing blood sugar

In this section:

- ✓ When change happens
- ✓ Managing low blood sugar
- ✓ Managing high blood sugar



When change happens

Checking your blood sugar can show you how food, activity, and medicines affect it. There may be times when you have low or high blood sugar. Be sure to write down any episodes of low or high blood sugar or log them in an app. Then talk with your diabetes care team about why it may have happened.

You and your diabetes care team will set blood sugar goals that are right for you. It is important to know what your goals are and what to do if your blood sugar is too high or too low. Write down your goals here.

My blood sugar goals

Before meals:

1-2 hours after a meal:



For most nonpregnant adults with diabetes
the ADA recommends:

Blood sugar levels
between 80-130 mg/dL
before meals

Blood sugar levels
under 180 mg/dL
**1-2 hours after
the start of a meal**

Managing low blood sugar

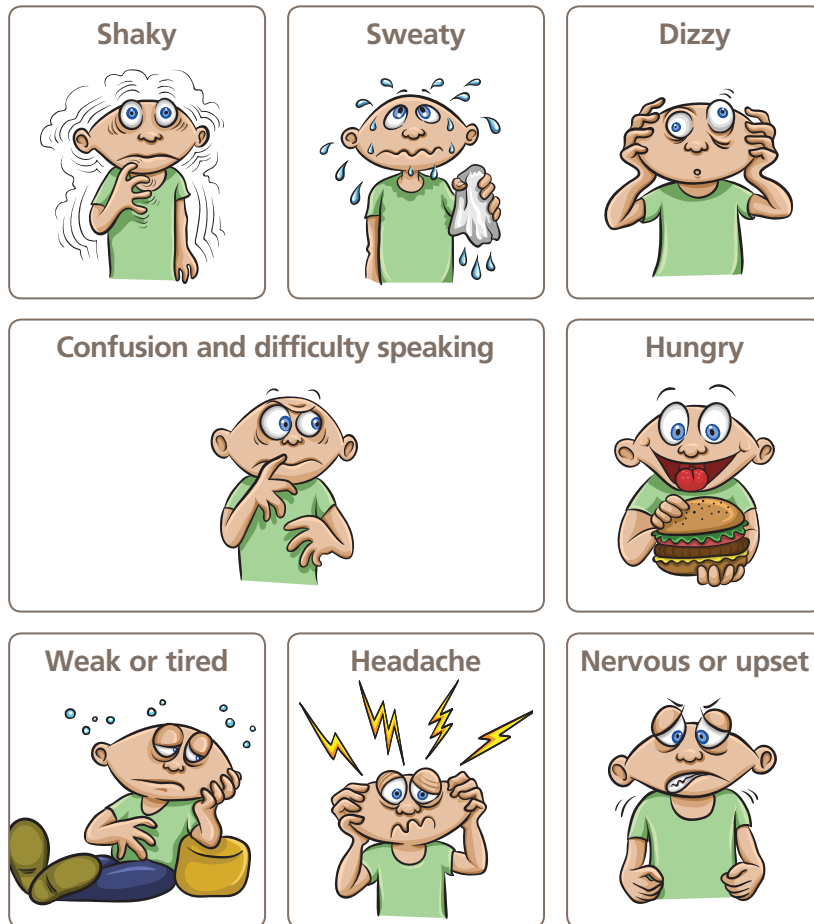
There may be times when your blood sugar level drops too low (called *hypoglycemia*). For most people with diabetes, below 70 mg/dL is too low.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about why changes in blood sugar may happen.



If your blood sugar is too low, you might feel:



Sometimes there may be no symptoms at all.

If you have any symptoms of low blood sugar, check your blood sugar right away. If you can't check it, treat it anyway.

Eat or drink 15 grams of carbohydrates right away, such as:



4 ounces ($\frac{1}{2}$ cup) of regular fruit juice (like orange, apple, or grape juice)



4-6 ounces ($\frac{1}{2}$ can) of regular soda pop (not diet)

4 glucose tablets or
1 tube of glucose gel



1 tablespoon of sugar,
honey, or corn syrup



2 tablespoons of raisins



Wait 15 minutes and then check your blood sugar again:

- If it is still too low (below 70 mg/dL), eat or drink another 15 grams of carbohydrates
- Check your blood sugar again after another 15 minutes. Repeat these steps until your blood sugar is back to normal
- If your next meal is more than an hour away, eat a snack to keep your blood sugar in your goal range

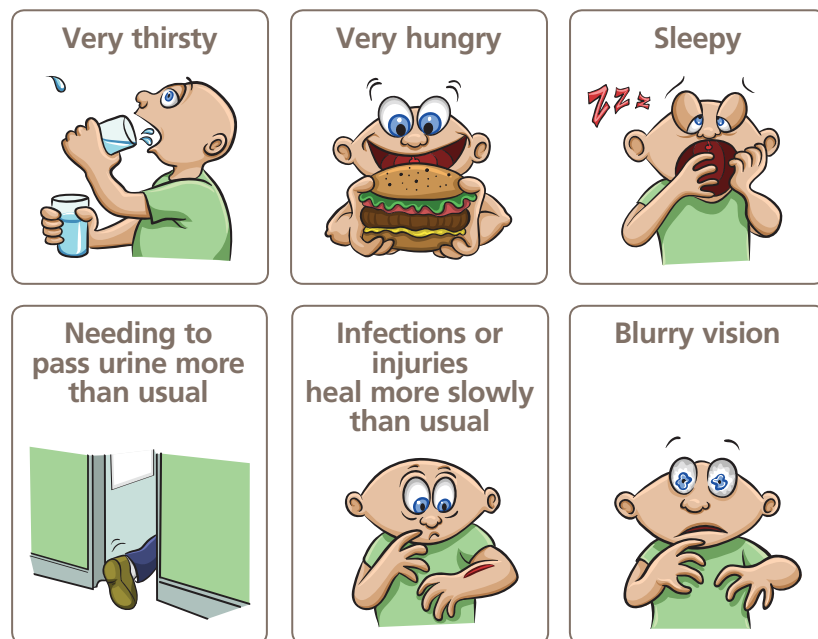


Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about what can cause you to have low or high blood sugar.

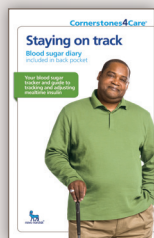
Managing high blood sugar

High blood sugar (called *hyperglycemia*) is when there is too much sugar in your blood. Over time it can cause serious health problems.

Here's what may happen when your blood sugar is high:



Sometimes there may be no symptoms at all.



Ask your diabetes care team for *Staying on track*. This booklet can help you understand more about blood sugar goals, what the numbers mean, and tracking insulin. Use the diary to fill in your blood sugar readings.



The best thing to do about high blood sugar is prevent it. Try to stick to your diabetes care plan:



Take your medicines as directed



Follow your meal plan



Follow your physical activity plan

Call your diabetes care team if:

- Your blood sugar has been above your goal for 3 days and you don't know why
- You have symptoms of high or low blood sugar



You may need a change in your meal plan, physical activity, or diabetes medicines.

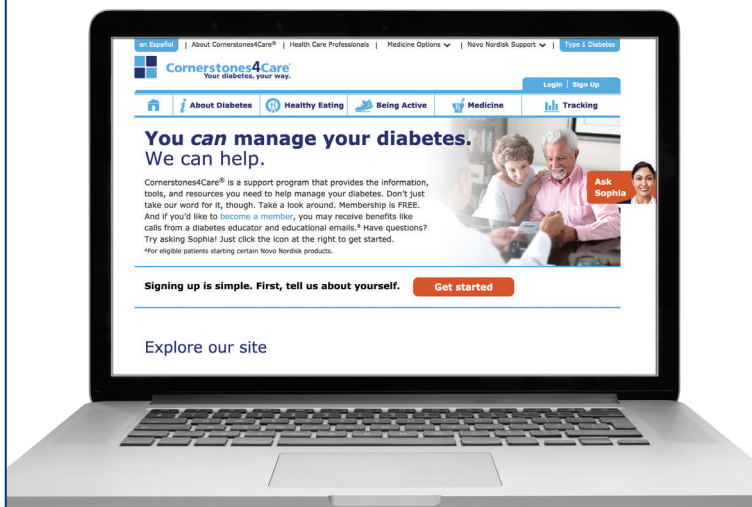


Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to get helpful factsheets about low and high blood sugar.

Register today for a **FREE** diabetes support program!

Cornerstones4Care®

It provides personalized information, tools, and resources to help you manage your diabetes.

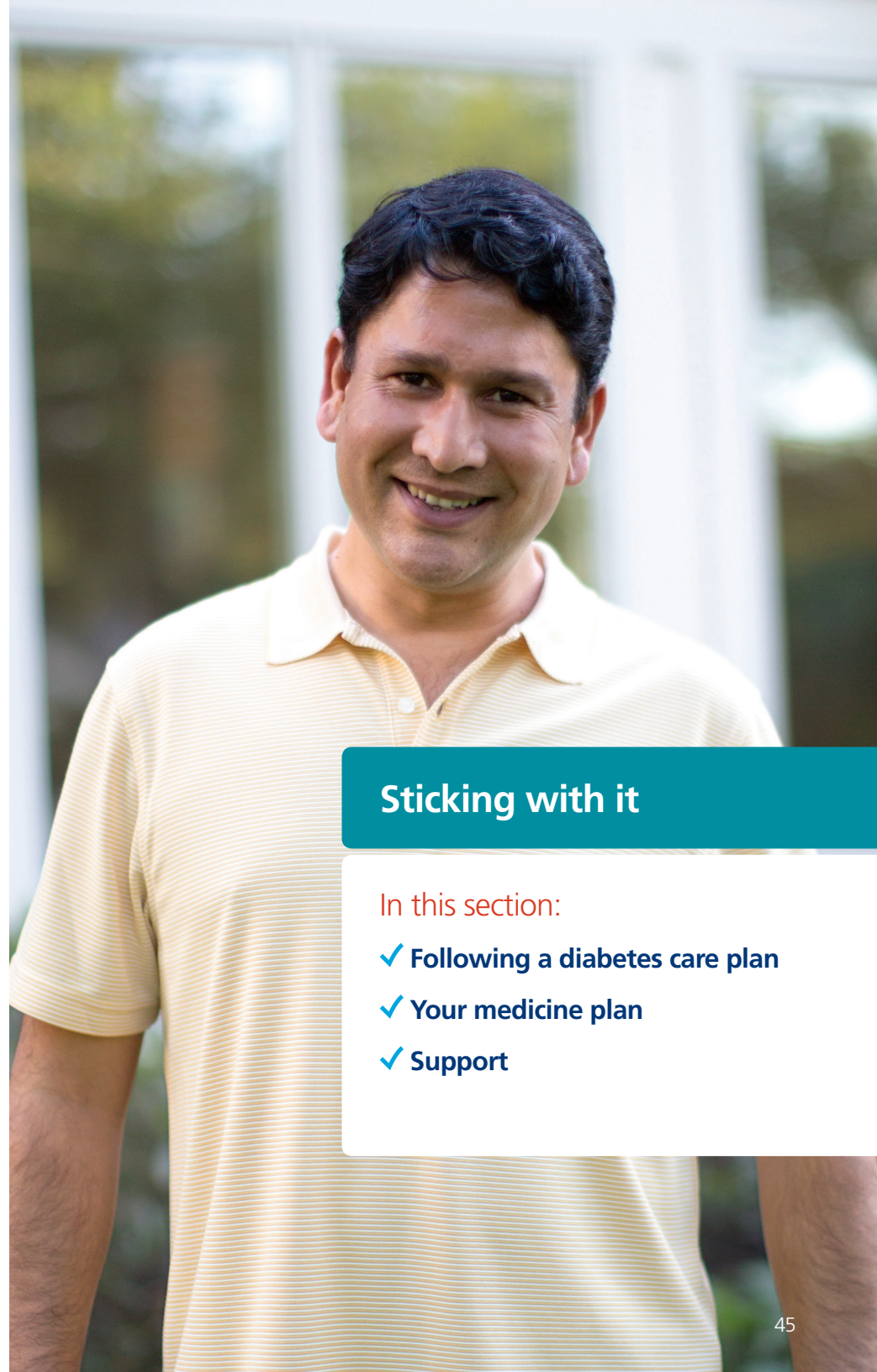


It's easy to register!

Mail in the card in the front of this book



- Go online to Join.Cornerstones4Care.com
- Call us at 1-877-497-9601 or 1-800-727-6500 from 8:30am to 6:00pm EST



Sticking with it

In this section:

- ✓ Following a diabetes care plan
- ✓ Your medicine plan
- ✓ Support



Following a diabetes care plan

Your diabetes care team will work with you to make your diabetes care plan. Your plan can help you reach your diabetes goals. When you follow your diabetes care plan, it can help you manage your diabetes. Try to:



Eat healthy



Be active



Take medicine
(if needed)



**Track your
blood sugar**



**Go to your
appointments**



**Manage
stress**



Your medicine plan

When you take diabetes medicines to help you reach your blood sugar goals, it is a good idea to have a medicine plan. It's important to know what each medicine is and how to take it. Be sure to take each medicine exactly as your doctor tells you to.

Your medicine plan will tell you:

- ✓ What type of diabetes medicines and other medicines to take
- ✓ How much to take
- ✓ When to take it

Your medicine plan will be based on many things, such as:

- ✓ Your blood sugar levels
- ✓ Your eating habits
- ✓ Other health conditions you have
- ✓ Your activity level
- ✓ Your daily schedule

Work closely with your diabetes care team to create a medicine plan that is easy to follow and right for you.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more information about working with your diabetes care team to manage your diabetes.



Starting a new medicine

If you are starting a new diabetes medicine, ask a member of your diabetes care team any questions you may have, such as:

How much of my medicine should I take?

How often should I take my medicine, and when?

Should I take my medicine on an empty stomach or with food?

What if I forget to take my medicine and remember later?

What should I know about side effects?

Will my diabetes medicine cause a problem with any of my other medicines?

Support

Your family and friends can be a great source of support. The more they know about diabetes, the better they will be able to understand how you feel.

Ask your family and friends for the kind of support you need. Try some of these ideas:

- Ask them to learn about how diabetes may affect your body and emotions
- Invite them to go to your appointments
- Include them in your new healthy eating and activity routine
- Ask for help when you need it

Know that it's okay to tell your family and friends if you are not ready for their help. You may want to join a diabetes support group. You can meet other people with diabetes there who may be feeling many of the same things that you are.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to enroll in the **free** Cornerstones4Care diabetes support program.



Novo Nordisk is dedicated to diabetes

Diabetes is our passion and our business

As a leader in diabetes, Novo Nordisk is dedicated to improving diabetes care worldwide. Since 1923, we have been focused on innovation and leadership in diabetes care. Today we have a broad portfolio of medicines.

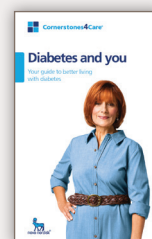
The Novo Nordisk Patient Assistance Program (PAP) is our continued commitment to people living with diabetes. If you are having trouble affording your Novo Nordisk brand medicine, you may qualify for help. Call Novo Nordisk PAP toll-free at 1-866-310-7549 from 8:30am to 6:00pm EST to see if you qualify.

For more information about Novo Nordisk products for diabetes care, or to request a Blood Sugar Diary, call the Customer Care Center at 1-800-727-6500 from 8:30am to 6:00pm EST.



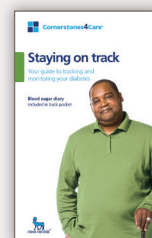
The more you know about diabetes, the better you will be able to manage it. Ask your doctor for these **FREE** books. For even more information, go to [Cornerstones4Care.com](https://www.cornerstones4care.com).

The **Cornerstones4Care**® educational booklet series is designed to help people with diabetes work with their diabetes care teams to learn about and manage diabetes.



Diabetes and you

This booklet gives you key information about diabetes and why it happens. It also offers tools and resources to help you manage your diabetes.



Staying on track

Reading this booklet can help you understand more about blood sugar goals and what the numbers mean. Learn how to monitor your health and use a tracker to fill in your blood sugar readings.

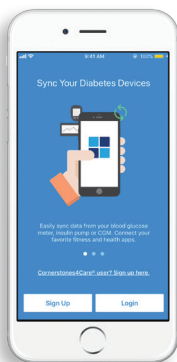


Meal planning and carb counting

Learn more about meal planning and carb counting with diabetes. This booklet offers helpful tools and resources for planning healthy meals and managing your diabetes. Use food lists to help you make healthy choices.

Cornerstones4Care®

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A FREE app to help you manage your diabetes

See your data anywhere, any time.



Sync readings—connects with most popular devices:

- ✓ Blood glucose meters
- ✓ Insulin pumps
- ✓ Continuous glucose monitors (CGMs)
- ✓ Health and fitness trackers



Get information about healthy eating and lifestyle choices



Set reminders, such as when to take your medicine or be active



Register for Cornerstones4Care®, a **free** diabetes support program

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app to your mobile device today!**

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