

In Diabetes Management, knowing how and when to take your medication, how to monitor your blood glucose, and how to take care of yourself, helps you manage your diabetes better.

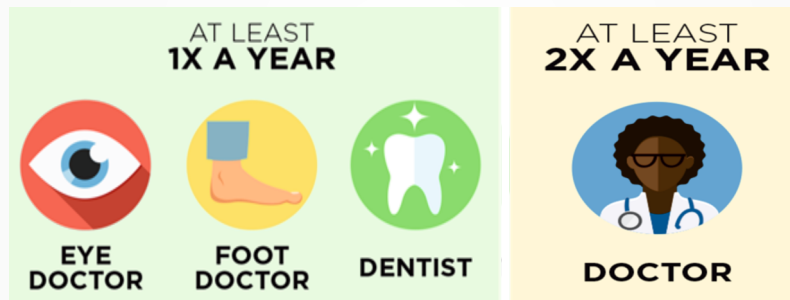
Questions to Ask Your Health Care Team:

1. How do I manage my ABCs?

- A: Get a regular A1C test to measure your average blood sugar over 2 to 3 months.
- B: Try to keep your blood pressure below 140/90 mm Hg (or the target your doctor sets).
- C: Control your cholesterol levels.



2. When should I schedule health care appointments?



Strategies for remembering to take your medicines on time:



1. Set a daily routine : Take your pill same time every day
2. Connect your pill with your daily activity. For example:
 - Place your pill beside your tooth brush
 - Always keep a glass of water near to your pill box
 - Place your medicine on next to your dining table
3. Use pill boxes with daily compartments that you fill every week

Let's **Aarambh** a habit towards Medication Adherence to manage your diabetes. Though initially it may look difficult but this is a new way of life which is Safe, Simple and Successful-way to manage diabetes well.