



Diabetes Self-Care

Keeping blood sugar controlled can be a big challenge. Self-care, knowledge of the disease, and interdisciplinary care, may be the key to achieving control.

- **Your blood glucose goals:** discuss with your doctor what the appropriate values would be, and what values may represent a risk to your health.
- **Count carbohydrates** because they directly affect blood sugar levels. It will help in the administration of insulin and medications.
- **Comply with your medications** at both doses and time of administration.
- **Learn about Diabetes and its complications,** attending workshops or asking your doctor.
- **Follow an exercise routine,** at least 30 minutes daily.

References:

<https://dtc.ucsf.edu/es/tipos-de-diabetes/diabetes-tipo-2/tratamiento-de-la-diabetes-tipo-2/soluciones-de-automanejo/>
<https://medlineplus.gov/spanish/ency/patientinstructions/000328.htm>
<https://www.diabeteseducator.org/living-with-diabetes/aade7-self-care-behaviors>

FOR MORE INFORMATION, call your doctor or call us at the **Beneficiary Services Center:**

1-844-336-3331

(TOLL FREE)

787-999-4411

TTY (HEARING IMPAIRED)

MONDAY THROUGH FRIDAY: 7:00 A.M. TO 7:00 P.M.