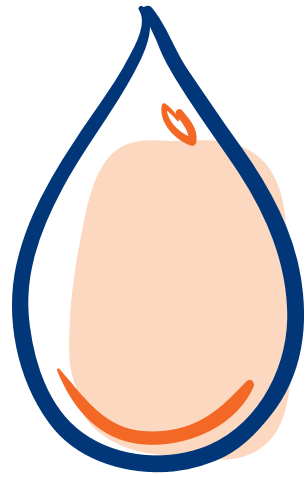


# Know Your NUMBERS



Diabetes cannot be cured. But it can be managed. One part of managing your diabetes is knowing your numbers.

Here are a few of them:

- A1C and daily blood glucose levels
- Cholesterol
- Blood pressure



Foot, oral, eye, kidney, and cardiovascular health are also **important** if you have diabetes. Make sure to schedule these **check-ups** as your diabetes care team recommends.



Don't  
forget!

**Stay current** on your yearly flu shot and other recommended vaccines

**Quit smoking** if you have diabetes

**Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more about what the numbers may mean for you**

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