

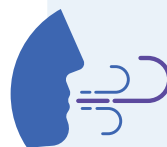


Tips for Keeping Your Blood Sugar in Range



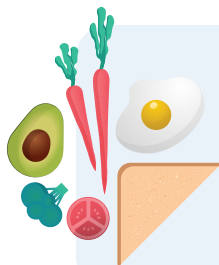
Exercise

Aim for 30 minutes of moderate activity at least 5 days a week.



Manage Stress

Deep breathing, meditation, or just spending time with friends can help you relax.



Eat Healthy

Eat a variety of vegetables, fruit, lean proteins, healthy fats, and whole grains.



Take Meds as Prescribed

If you're not taking medication and your blood sugar is often out of range, talk with your doctor.



Drink Water

Swap sugary drink choices with zero-calorie drinks like water, tea, and seltzers.



Monitor Your Blood Sugar

Checking your blood sugar regularly will help you identify when it's out of range so you can make immediate changes to your daily routine.

As always, you should speak with your doctor about your personal diabetes management goals.

Not a Livongo Member? Livongo offers support for diabetes, blood pressure, and more. See if you're eligible at enjoy.livongo.com/HEALTHYCOUNTRY/new.