

# Know **Diabetes** by **Heart**™

## Good for the Heart Tips for Building a Support System

### Team up to manage your type 2 diabetes.

You can make healthy food choices, take your meds and stay active. But don't forget to get support from your team members who are eager to help you be successful.

### Talk with your doctor, a diabetes educator and a dietitian.

They can give you tips for making healthy choices.

### Talk to friends and family about your health goals.

Ask for their support.

### Talk with someone you trust or a mental health professional

if you are having a hard time managing your health or feel overwhelmed.

### Talk with others experiencing type 2 diabetes

by joining our online support communities. Visit [supportnetwork.heart.org](https://supportnetwork.heart.org).

**If you have diabetes, there is a lot you can do. Talk to your doctor about your next steps.**

You're not in this alone. Find answers to your questions and join the initiative at: [KnowDiabetesbyHeart.org/join](https://KnowDiabetesbyHeart.org/join)

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