

# Where to Begin on Your Heart Care Journey

## Check out our free resources to help you on your journey



A **guide** to help you talk to your doctor because an ongoing conversation is so important.

ADA's **How to Thrive Program** where you can get accurate information and ongoing support.



Our monthly **Ask the Experts Q&A Series** where you can ask questions and get the inside scoop from leading experts.

**Healthy recipes** for meals you can make right in your kitchen.



A **monthly newsletter** with additional health information, tips and tools for managing your diabetes and heart health.

When you have type 2 diabetes, you make a lot of decisions all day long. It can be overwhelming to manage so many things. But you're doing it and tackling each new day.

The American Heart Association and American Diabetes Association built the Know Diabetes by Heart™ initiative to help you along the way. We hope you're proud of yourself for all of your hard work!



### You're not in this alone.

Receive **online support** from people going through experiences just like you. Visit:

**[supportnetwork.heart.org](https://supportnetwork.heart.org)** or  
**[community.diabetes.org/home](https://community.diabetes.org/home)**.

Find answers to your questions  
and join the initiative at:  
**[knowdiabetesbyheart.org/join](https://knowdiabetesbyheart.org/join)**