

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.



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