

Symbol	Related key to diabetes self-management
	Eat wisely
	Be active
	Check numbers (includes glucose/A1C, blood pressure, cholesterol, and weight)
	Reduce stress
	Understand medications
	Solve problems
	Reduce risks
	Add humor

Source: Adapted from the AADE 7™ Self-Care Behaviors.

Your First Year with Diabetes Roadmap

Another way to look at the year ahead and understand how the book works is to consider this schematic. Topics are presented in a need-to-know order that will have the biggest impact, will address safety, and will build in steps for success. You will reflect on goals and achievements with interactive activities and quarterly reviews. As the weeks and months continue, you will be presented with deeper layers of science and shared knowledge.

When multiple topics are offered in a given week or month, review each one to see if it is relevant and important to you. If it is, you read the details, decide whether you'd like to take action by incorporating or continuing current behaviors, and whether you need help staying motivated. If not, you move to the next topic. Diabetes care is vast and everyone has a unique situation, so some topics will have more relevance than others. This book is flexible in its setup. Use the index to skip ahead to a topic that is urgent for your situation.

Along the way, you will learn about standards of care and tips to refine your abilities as well as ongoing resources that will be helpful for your first year and beyond.

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