



Diabetes can put you at a higher risk for other health problems if not properly managed.



It is also important to see your doctor regularly to ensure your treatment plan is keeping your diabetes under control.



Eating healthy, exercising regularly, monitoring blood sugar daily, and taking medicines as directed are key to diabetes self-care.

Visit <https://www.tricare-west.com/go/learningcenter> to listen to a recorded class on diabetes management.



Looking for additional help with your diabetes?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ).

