

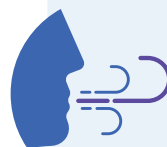


# Tips for Keeping Your Blood Sugar in Range



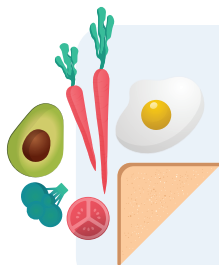
## Exercise

Aim for 30 minutes of moderate activity at least 5 days a week.



## Manage Stress

Deep breathing, meditation, or just spending time with friends can help you relax.



## Eat Healthy

Eat a variety of vegetables, fruit, lean proteins, healthy fats, and whole grains.



## Take Meds as Prescribed

If you're not taking medication and your blood sugar is often out of range, talk with your doctor.



## Drink Water

Swap sugary drink choices with zero-calorie drinks like water, tea, and seltzers.



## Monitor Your Blood Sugar

Checking your blood sugar regularly will help you identify when it's out of range so you can make immediate changes to your daily routine.

**As always, you should speak with your doctor about your personal diabetes management goals.**

Not a Livongo Member? Livongo offers support for diabetes, blood pressure, and more. See if you're eligible at [enjoy.livongo.com/STATEOFVERMONT/new](https://enjoy.livongo.com/STATEOFVERMONT/new).