



# BETTER control

## Be in the driver's seat with diabetes

While there are certain risk factors you can't change, like your family history, knowing your risks for diabetes allows you to take better charge of your health and well-being.

As always, the best way to lower your risks is to exercise, eat healthy, and lose any extra pounds. Even small improvements in these areas can affect your chances of staying well. For example, you can lower your risk of type 2 diabetes by eating two extra servings of whole grains a day.

So why not change gears and steer in healthier directions? Try things like walking more and splitting restaurant portions in half to gain the upper hand on diabetes.

Visit [kp.org/bettercontrol](http://kp.org/bettercontrol) for more on preventing and living well with diabetes.

## Travel a healthy road

Stay in control with these tips:

**Top dog.** Not only can pets get you up and moving, they can be your own four-legged support group.

**Stay in check.** Low blood sugar levels can cause sudden mood swings in some people, so don't go too long between eating meals.

**Walk tall.** Walking 30 minutes at least five days a week can lower your risk for or help you manage type 2 diabetes.

Services covered under your health plan are provided and/or arranged by Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232. Services for self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.