

# Early Efforts to Manage Type 2 Diabetes:

## THE POTENTIAL HEALTH PAY-OFF

If you found out you have Type 2 diabetes in the last few years, this material will help you learn about how reaching your glucose (blood sugar) and weight goals is like investing in your future health.



Diabetes is a chronic disease that can be managed. Did you know that the complications associated with Type 2 diabetes can be prevented and/or delayed if you act early after diagnosis?

### Acting Early Involves Lowering Your A1C and Losing Weight

Talk to your doctor or clinician about setting an A1C goal early in your diabetes journey and making a plan to work towards it!

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#### STEP 1

Lower your A1C

Lowering your A1C helps lower your risk of complications. A1C is a blood test that shows the average of your glucose (blood sugar) levels for the past 3 months.



**A1C ≤ 7%**

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#### STEP 2

Lose Weight



Weight loss helps people with type 2 diabetes by helping the body use glucose better.



Meeting your weight goal may also help you achieve your A1C goal. It is like getting even more interest from your savings.



## Research shows the timing of your efforts can make a big difference.

Just like you start saving for retirement as early as possible and maximize the time you earn interest, working on your weight loss and A1C goals early is like investing in your future health. The efforts (investment) you put in now have the potential to significantly lower your future risk of diabetes complications.

**Investing in your diabetes health early is like putting money in the bank.**  
Get started today; don't delay!