

# What is DIABETES?



*Diabetes is a condition* in which the body doesn't make enough insulin or use insulin effectively. There are 2 common types of diabetes:

**1** In **Type 1**, the body makes little or no insulin

**2** In **Type 2**, the body does not respond to and use insulin as well as it should

Elements of a diabetes care plan may include:

Staying at a target weight with a balanced eating plan



Taking medicine



Making physical activity part of a daily routine

Tracking blood glucose



**Don't forget!**

Keep your blood glucose levels *as close to your goal* as possible

Discuss your *diabetes care plan* with your health care team

Learn more about diabetes at  
[Cornerstones4Care.com](https://www.cornerstones4care.com)