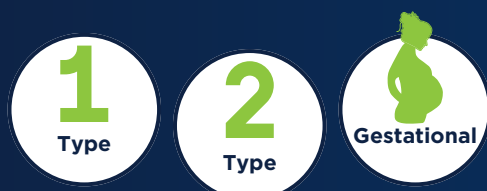


# UNDERSTANDING DIABETES

## YOUR GUIDE TO HEALTH & WELLBEING

**Empower yourself** with essential knowledge about diabetes. Understand the types, risks, management options, and lifestyle changes for a healthier future.

### TYPES OF DIABETES



### COMMON SYMPTOMS



### RISK FACTORS



### PREVENTION STRATEGIES



### MANAGEMENT STRATEGIES



### TREATMENT OPTIONS



### HEALTHY LIFESTYLE TIPS



### DIETARY RECOMMENDATIONS



Learn more at [diabetes.org](https://diabetes.org)



**QUESTIONS? Contact TrueNorth's TRUEAdvocate Team:**  
888-655-9980 | [trueadvocate@truenorthcompanies.com](mailto:trueadvocate@truenorthcompanies.com)  
Monday - Friday | 7:30 am - 5:00 pm CST

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