

# Teaming up to keep my diabetes in control and blood pressure down.

My diabetes and/or high blood pressure greatly raises my risk of heart attack and stroke, but I can take steps to reduce my risk and lead a longer, healthier life.

## TODAY, I WILL:



**TAKE** my diabetes and blood pressure medication(s) as prescribed.



**CHECK** my blood sugar or blood pressure at the local pharmacy or with my at-home monitor.



**TALK** to my pharmacist or doctor if I have questions about my diabetes blood pressure or medication(s).



**ENGAGE** in at least 2 hours and 30 minutes of exercise each week.



**EAT** a diet low in salt. Include plenty of whole grains, low-fat dairy, and at least five servings of fruits and vegetables a day. Some people with diabetes may have some carbohydrate restrictions.



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