

HOW
TO

Control It

Learn about the importance of dietary choices in managing your diabetes

FOOD



What are the targets you are aiming for? Control It will explain this in more detail for you

TARGETS



Learn how to read a food label properly and make food shopping that little bit easier!

LABELS



Control It focusses on your overall health along with ensuring you have emotional support via psychology services

HEALTH



YOU ARE
HERE

YOU

The choices and changes you make to your lifestyle and diet are key to better diabetes management. Control It is there to support you



PHONE

Control It will discuss what online support there is for you to use.

Mydiabetesmyway



SUPPORT

Your support does not end after attending Control It – it is just the beginning! Learn who to turn to



REVIEW

What are your review appointments for? Control It informs you of the 15 Healthcare Essentials and why they are there



EXERCISE

Learn the benefits of exercise and how you can incorporate this into your daily life