

Thrive with Type 2 Diabetes

Created for those recently diagnosed with type 2 diabetes, the Living With Type 2 Diabetes initiative offers participants an opportunity to learn about diabetes and diabetes management gradually over a 12-month period. This free program—available in English and Spanish—provides:

- Six e-booklets, each with a topic aimed to meet the participants where they are after diagnosis

E-booklet topics include:

- Food and nutrition
 - Stress and emotions
 - Physical activity
 - Preventing diabetes complications
 - Staying on track
- Monthly e-newsletter offering seasonal tips and resources to help the participant thrive with diabetes
 - Peer support through the ADA's Online Community
 - Information about local community events

PLUS

- Enrollees who submit their mailing address also receive six free, consecutive issues of *Diabetes Forecast* magazine (English only)
- Additionally, enrollees who submit their phone number receive an invitation to participate in the monthly *Ask the Experts* Q&A series, where participants can:
 - Ask their diabetes-related questions to ADA experts
 - Join online or on the phone
 - Learn the link between diabetes and heart health
 - Receive giveaways to help them thrive with diabetes



Free registration to this online program:
diabetes.org/living