



# Diabetes

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## 3 Steps to Building a Healthy Habit

Learn how you can succeed at your health goals.

[Learn More >](#)

## Spotting Hidden Sugars in Everyday Foods

Do you know how to spot hidden sugars in your everyday foods?



## Prediabetes – Your Chance to Prevent Type 2

If you have prediabetes or think you might, find out how you can prevent or delay type 2 diabetes.



## Your Immune System and Diabetes

Diabetes can impact your immune system. Learn how you can stay healthy this cold and flu season.



## For professionals



## Prevent Type 2 Diabetes: Talking to Your Patients About Lifestyle Change

Infographic with facts about preventing type 2 diabetes and talking to your patients about lifestyle...



## DSMES for Health Care Providers

DSMES improves health outcomes, including A1C for your patients with diabetes.

[Promoting Ear Health](#)[Promoting Eye Health](#)[Promoting Foot Health](#)[Promoting Medication Management](#)[Promoting Oral Health](#)

## Featured



## Living with Diabetes

Use these tips to help you live well with diabetes.



## Diabetes Complications

Learn how to prevent or delay diabetes health problems through self-care and regular checkups.

[Healthy Eating](#)[Healthy Weight](#)[Preventing](#)[5 Questions to Ask Your Health Care Team](#)[Treatment](#)

