

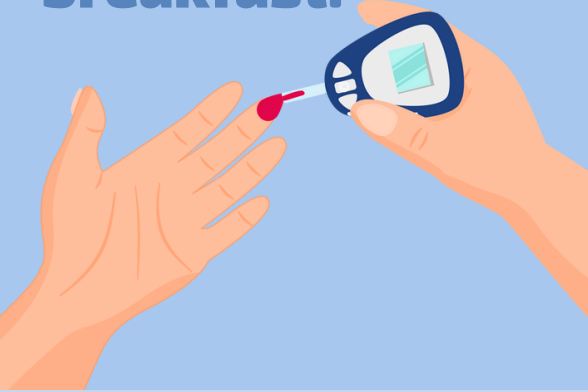
A Day in the Life with **DIABETES**

How should it look?

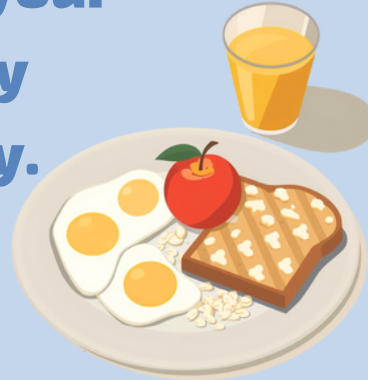

world diabetes day
14 November

AQH Accessible
Quality
Healthcare
SDC project implemented by Swiss TPH

**Check your blood
sugar before
breakfast.**



**Choose fiber
and protein to
keep your
energy
steady.**



**Walk a
few extra
minutes.**



**Keep your
meals
colorful.**



**Stay
hydrated.**



**Take a moment to
relax.**



**Take your
medication on
time.**



**Close the day
with a re-check
& keep track**

