

Diabetes at Rio Family Medicine

We believe people with diabetes feel better and stay healthier if they take an active part in their own management. Below are many aspects of self-management. They are all important, but nobody does everyone, all the time. Nobody does them perfectly.

We want to partner with you – not just push you along.

It is best to work on improving one thing at a time. Please choose the most important item for you for today's visit.

Checking Blood Sugar

Medication

Checking Feet

Physical Activity

Alcohol/Smoking

Cholesterol Count

Sick Day Maintenance

Eating (Food choices, portion size)

