

# Good for the Heart

## Tips for Building a Support System



### Team up to manage type 2 diabetes.

Healthy eating, taking medications as prescribed, and staying active all support type 2 diabetes management. Support from a health care team can make a big difference in staying on track.

**Talk with a health care professional, a diabetes educator and a dietitian.** They can give you tips for making healthy choices.



**Discuss health goals with friends and family to stay motivated.**

Ask for their support.



**Talk with a trusted person or a mental health professional** if managing health feels overwhelming.



**Talk with others experiencing type 2 diabetes** by joining our online support communities.



Visit  
**[supportnetwork.heart.org](https://supportnetwork.heart.org)**.

**If you have diabetes, there is a lot you can do. Talk to a health care professional about your next steps.**

For more information please visit  
**[www.heart.org/diabetes](https://www.heart.org/diabetes)**