

HOW  
TO

# Control It

Learn about the importance of dietary choices in managing your diabetes

## FOOD



What are the targets you are aiming for? Control It will explain this in more detail for you

## TARGETS



Learn how to read a food label properly and make food shopping that little bit easier!

## LABELS



Control It focusses on your overall health along with ensuring you have emotional support via psychology services

## HEALTH



YOU ARE  
HERE

## YOU

The choices and changes you make to your lifestyle and diet are key to better diabetes management. Control It is there to support you



## PHONE

Control It will discuss what online support there is for you to use.

Mydiabetesmyway



## SUPPORT

Your support does not end after attending Control It – it is just the beginning! Learn who to turn to



## REVIEW

What are your review appointments for? Control It informs you of the 15 Healthcare Essentials and why they are there



## EXERCISE

Learn the benefits of exercise and how you can incorporate this into your daily life