



SESSION 1: GETTING STARTED

You can live an amazing life **with** diabetes. That means you can continue doing all the things you love — all it takes is small steps everyday. Use your Action Plans every week to help you figure out keep track of the Tiny Actions that will help put your diabetes management on autopilot.

1: WHY DID YOU SIGN UP FOR THE IN-POWER PROGRAM?

Use the space below to answer these questions:



What made you take the step to be here?



What do you hope to get out of these sessions?

2: WHAT ARE YOU STRUGGLING WITH WHEN IT COMES TO MANAGING YOUR DIABETES?

Use the space below to answer these questions:



What's your biggest challenge?



When you've been successful, what has helped you?



When you've stumbled, what caused it?

3: WHAT TYPE OF SUPPORT HAS BEEN THE MOST MEANINGFUL?

Since you've gotten your diagnosis, what type of support has helped you the most?

4: WHO'S ON YOUR SUPPORT SQUAD?

Which people in your life can you count on? List them all here.



Who could be your Number One Ally?

5: HOW CAN YOU GET SUPPORT?

What are some ways that you connect with people on your Support Squad?

6: HOW CAN YOU GET THE MOST FROM THIS PROGRAM?

Who can help you the most and how can they do it?





SESSION 2: BODY TUNE UP

There's a lot that's in your control when it comes to keeping your body running in tip-top shape. Use this worksheet to dive a little deeper into understanding what works for you to support that magnificent machine that lets you continue doing all the things you love.

1: I FEEL MORE IN CONTROL OF MY DIABETES WHEN...

2: YOUR DIABETES TOOLKIT: PROBLEM SOLVING

Use the space below to answer these questions:



When you've faced a problem in the past, how did it make you feel?



When you've successfully solved a problem, how did it make you feel?

3: LET'S TALK TESTING

TEST NAME	LAST TEST	NEXT TEST	TEST NAME	LAST TEST	NEXT TEST
A1C			EYE EXAM		
BLOOD PRESSURE			KIDNEY EXAM		
FOOT EXAM			CHOLESTEROL		

4: WHAT'S YOUR WHY?

Why do you want to keep your diabetes under control?



5: THE FOOD CONNECTION

Have you noticed any specific foods that affect your blood sugar?



Some foods that spike my blood sugar are:



Some foods that keep my blood sugar stable are:



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NOTES FROM SESSION

Any ah-ha moments? Jot down some of the key ideas you want to remember.

IDEAS I'D LIKE TO TRY

Were there any strategies that sound interesting?















SESSION 2: BODY TUNE UP

Session 2 goes over how feelings come into play around a diabetes diagnosis, and introduces the tools in your diabetes toolbox. It also includes strategies for reducing your risk of diabetes-related complications, as well as info about how monitoring your blood sugar can be super helpful.

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My Daily Blood Sugar Tracker

Track your blood sugar levels every day so you can work with your doctor on the right diabetes care plan **for you**.

Use this worksheet to help track your blood sugar levels. Talk with your doctor about what your goals should be, how often to test, and what to do if your levels are too low or too high. Remember to take your records with you to your doctor visits so you can go over the results together.

My Targets:

Before Meals: _____ to _____ mg/dL

2 Hours After Starting a Meal: Below _____ mg/dL

Dates: _____ to _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Time mg/dL	Time mg/dL	Time mg/dL	Time mg/dL	Time mg/dL	Time mg/dL	Time mg/dL
Before Breakfast							
After Breakfast							
Medicine							
Before Lunch							
After Lunch							
Medicine							
Before Dinner							
After Dinner							
Medicine							
Other							
Medicine							
Notes							



My Daily Food & Mood Tracker

Gain insight on how you feel when you test your blood sugar regularly!

Use this worksheet to help track your food intake and feelings throughout the day and note how your blood glucose levels are related.

Tracking My Outcomes:

Overall, I felt the *best* during the Morning/Afternoon/Evening. (circle one)

Overall, I felt *not so great* during the Morning/Afternoon/Evening. (circle one)

When I look at my mood, it appears to be linked to my blood sugar/food under these circumstances:

I found that when I tracked my blood sugar, I felt better. Yes/No (circle one)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What Did I Eat? Morning Meals + Snacks (Wake Up - 12pm)							
Did I Test? When?							
How Do I Feel?							
What Did I Eat? Afternoon Meals + Snacks (12pm - 5pm)							
Did I Test? When?							
How Do I Feel?							
What Did I Eat? Evening Meals + Snacks (5pm - Bedtime)							
Did I Test? When?							
How Do I Feel?							



Foot Care

Neuropathy (AKA nerve damage) is a complication of diabetes that may cause you to lose sensation in your feet. But you can keep 'em walking by showing your feet a little love using these top tips.

Check with your Doc

Schedule foot care checks.

- **Your doctor** will give you a brief foot exam each time you meet..
- **Your podiatrist** will give you a complete foot exam once per year.

Visit your doctor if there are changes.

- If you notice a skin change such as calluses or corns, schedule a visit right away.
- Don't try to remove them yourself.
- Don't use over-the-counter treatments without checking with your doctor first.

Find your groove.

Talk to your doctor about what feet-friendly activities are right for you. That might be walking, riding a bike, dancing or swimming.



Wash and check. Clean your feet with warm water everyday. When you're drying them off, check them for any calluses, blisters, or other skin changes. If you don't shower everyday, you can simply use a warm washcloth, but make sure to remove any soap residue and dry your feet thoroughly.



Moisturize. If your feet are dry or cracked, give apply creams and moisturizers sparingly, taking care to not apply them between the toes.



Never walk barefoot. And that includes indoors! Even in your house your kids or grandkids could have left a toy on the floor that you step on or your partner may have broken a glass and missed one stray piece. And if neuropathy is causing numbness in your feet, there's a chance you wouldn't feel an injury. And with slow healing wounds, it could lead to infection or worse. This is a great excuse to treat yourself to some nice, cozy slippers.



Wear great fitting shoes. Also, always wear socks to avoid blisters.



Trim those toenails. If you have trouble reaching your feet, ask your podiatrist if they offer or know of a foot care clinic where someone can trim them for you.



Kick back! Put your feet up whenever you're sitting, and wiggle your toes throughout the day to keep the blood flowing. Set a reminder on your phone if you need to!

Symptoms of Hypo- & Hyper-Glycemia

When your blood glucose numbers are out of range, you may not even notice. But it's important to tune into your body to spot symptoms of either **high blood sugar** (HYPERglycemia) or **low blood sugar** (HYPOglycemia). Here's how to spot them and what to do about it:

HYPER-glycemia

HIGH
blood sugar

What does it feel like?

Symptoms:

1. Increased thirst and increased urination
2. Headaches
3. Trouble concentrating
4. Blurred vision
5. Frequent peeing
6. Feeling weak and tired
7. Weight loss
8. Blood sugar higher than 180 mg/dL

What can you do about high blood sugar?

Treatment:

Treating an episode of high blood sugar depends on your personal treatment plan.



Take Your Medication - If your doctor has prescribed a dose of fast-acting insulin based on the blood sugar level, take the appropriate dose. Or if you've missed a dose of non-insulin medication, take the missed dose.



Drink Water - Drink plenty of water, wait for 30 minutes, and then test your blood sugar again.



Call for Help - If the hyperglycemia symptoms continue or get worse, call your doctor. If you start to feel drowsy or disoriented — or if blood sugar rises above 350, call 911 or get help going to the emergency room immediately.

HYPO-glycemia

LOW
blood sugar

What does it feel like?

Symptoms:

1. Shakiness
2. Dizziness
3. Sweating
4. Hunger
5. Irritability or moodiness
6. Anxiety or nervousness
7. Headache

What can you do about low blood sugar?

Treatment:

RULE OF 15

Eat or Drink a Quick Sugar Food - Quick sugar foods are those that have at least 15 grams of simple sugars, such as 100% grape juice, honey, or pineapple.

Test - Be sure to test your blood sugar again 15 minutes later — you may need to eat another quick sugar food to get back into range.

With diabetes, it can be tough to predict when hypoglycemia will strike, so it's important to keep some quick sugar foods with you at all times. Such as:

- 100% fruit juice
- Dried fruit
- A honey packet
- Glucose tablets



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1: YOU'RE IN CONTROL

Living well with diabetes

- ◆ You can live an amazing life with diabetes

Small steps make a big difference

- ◆ All you need are small steps everyday and...
- ◆ YOU get to decide what those steps are based on what you enjoy

What to expect

- ◆ Group sessions that will cover all the elements of your diabetes toolbox, and...
- ◆ ...lots of inspirational stories, useful tips, and fun activities and...
- ◆ ...helpful printable resources, including your Action Plan

Introducing your **Action Plan**

- ◆ We'll provide an Action Plan and help you fill it out with Tiny Actions

What are Tiny Actions

- ◆ Tiny Actions are the small steps you'll take to manage your diabetes

2: DIABETES 101

The nitty gritty

- ◆ Your body uses a simple sugar called **glucose** for energy
- ◆ And a hormone called **insulin** to let the glucose into your cells
- ◆ Insulin is made by the **pancreas**

Diabetes types

- ◆ **Type 2 diabetes** occurs when either the pancreas makes little or no insulin, or your body doesn't use the insulin properly
- ◆ **Type 1 diabetes** occurs when the insulin-producing cells of the pancreas are damaged
- ◆ **Gestational diabetes** occurs during pregnancy for reasons that are unclear

Diabetes signs & symptoms

- ◆ Frequent urination ◆ Increased thirst ◆ Increased hunger ◆ Unintended weight loss ◆ Fatigue ◆ Blurred vision
- ◆ Slow-healing and frequent infections ◆ Numbness or tingling in the feet or hands

Did my diet cause my diabetes?

- ◆ Diet can be a cause of diabetes, but there are many other risk factors, such as:
- ◆ Having a parent or sibling with diabetes ◆ Having a certain ethnic background ◆ Being older than 45

3: SUCCEED WITH SUPPORT

The support + success connection

- ◆ You have a 95% chance at succeeding at anything you set out to do if you have a good support system
- ◆ We call this support system your Support Squad

Establishing your Support Squad

- ◆ Write down your Support Squad members + Number One Ally in your Action Plan

Connecting with your Support Squad

- ◆ Make a plan to connect with your Support Squad on a regular basis
- ◆ Choose activities that support your health, like:
- ◆ Cook a health meal with your partner ◆ Play catch with your kids ◆ Make a weekly phone date with your sibling

Communicating with your Support Squad

- ◆ Communicate your needs clearly to the people on your Support Squad

Review your Action Plan and figure out how you can best get support for this program



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Session 2 goes over how feelings come into play around a diabetes diagnosis, and introduces the tools in your diabetes toolbox. It also includes strategies for reducing your risk of diabetes-related complications, as well as info about how monitoring your blood sugar can be super helpful.

1: MANAGING FEELINGS

What makes you feel better?

- ◆ Action Plan: Write down what makes you feel more in control of your diabetes

Lifestyle adjustments

- ◆ A diabetes diagnosis requires some changes, and this can bring up a range of emotions

Feelings about diagnosis

- ◆ Any feelings you have about your diagnosis are valid, and they may change at anytime

8 tools

- ◆ Balancing Food ◆ Moving Your Body ◆ Taking Your Meds ◆ Monitoring Blood Sugar ◆ Getting Support ◆ Managing Stress ◆ Reducing Risk ◆ Problem Solving

Problem solving

- ◆ Life throws curveballs: Prepare yourself with possible solutions for when problems arise
- ◆ **Action Plan:** Write down how you feel when you successfully solve a problem

2: REDUCING RISK

Chronic complications

- ◆ Nerve damage ◆ Foot damage ◆ Sexual dysfunction ◆ Eye damage ◆ Kidney damage ◆ Heart disease ◆ Skin conditions ◆ Dental problems

Regular health checks

- ◆ A1C test ◆ Blood pressure check ◆ Foot exam ◆ Eye exam ◆ Kidney exam ◆ Cholesterol check

Self-care practices

- ◆ Quit smoking ◆ Protect your feet ◆ Care for your skin ◆ Brush & floss ◆ Keep an eye out for infections

Setting goals

- ◆ You can reach any big goal you set for yourself by breaking it down into small, achievable steps

What's your why?

- ◆ **Action Plan:** Write down your reason for keeping your diabetes under control

3: MONITORING BLOOD SUGAR

How are you tracking blood sugar?

What gets measured, gets managed

- ◆ A1C to measure long-term blood glucose
- ◆ Continuous glucose monitoring or self blood glucose monitoring (SBGM) for day-to-day measurement

Benefits of SBGM

- ◆ Regular tracking helps you understand how food, movement & medication affects your blood sugar

SBGM equipment considerations

- ◆ Cost & insurance coverage ◆ Ease of use ◆ Customer support ◆ Features & functionality

When & how to track

- ◆ Check with your doctor on how often you should test
- ◆ Follow the instructions of your test kit

Blood glucose goals

- ◆ Check with your doctor for your personal, specific goals — recommended averages are:
- ◆ Fasting: less than 100 ◆ Before meal: 70-130 ◆ After meal: less than 180 ◆ Before exercise: 100+ ◆ Bedtime: 100-140

What affects your numbers?

- ◆ There are at least **42 factors** that can affect blood sugar

Signs & symptoms of imbalance

- ◆ Watch out for HYPERglycemia (high blood sugar) & HYPOglycemia (low blood sugar)
- ◆ Check your handouts for details on symptoms & treatment