



## SESSION 3: MEDICATION & YOU

Along with eating well and moving your body, taking your medication properly is super important for keeping yourself healthy and avoiding complications. Use this sheet to keep yourself on track.

### 1: HOW CAN YOU REMEMBER TO TAKE YOUR MEDICATION?

Maybe it's a weekly pill box, a medication checklist, or reminders on your phone — or something else.



### 2: WHAT WILL MAKE TAKING YOUR MEDICATION EASIER?

Maybe it's keeping your kit with you, having a family member remind you/hold you accountable, setting timers on your phone, using a pill box, signing up for a medication delivery service, etc.



### 3: WHAT IS YOUR MEDICATION DOING FOR YOU?

Maybe it's stimulating insulin production, slowing the absorption of glucose, or a combination.



### 4: WHAT GETS IN THE WAY OF TAKING YOUR MEDICATION?

What are some thoughts that might prevent you from taking your medication as prescribed?



How can you shift those thoughts to be more positive and supportive?



What else besides limiting thoughts gets in the way of taking your medication?





## SESSION 4: FOOD FOR ALL

If you're like over 60% of adults with diabetes, your biggest challenge is managing your food life. And it's not surprising. With all of the information out there, it can be confusing. Use the sheet below to focus on YOUR struggles and start to devise a plan for overcoming them. Tackle this page during and after you've attended Session 3.

### 1: WHAT ARE YOU STRUGGLING WITH WHEN IT COMES TO YOUR FOOD LIFE?

Use the space below for your reflection:



What's your biggest challenge?



When you've been successful with your eating, what has helped you?



When you've stumbled, what caused it?

### 2: HOW CAN YOU CELEBRATE?

What are some fun ways you'd like to celebrate without sugar or alcohol



### 3: HOMEWORK

How can you use Power Ups or Swaps to create a delicious, healthy meal this week? (Write down a few ideas.)



When will you build your plate this week?

