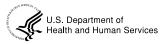
## The power to control diabetes is in your hands.



Testing your own blood sugar regularly can help you know if you're controlling your diabetes. **Ask your doctor** if testing your own blood sugar should be part of your treatment plan. And call 1-800-438-5383 to learn more about diabetes care. **Control Your Diabetes. For Life.** 

Medicare Now Covers Your Diabetes Self-Testing Equipment and Supplies. For details, call 1-800-MEDICARE (1-800-633-4227). TTY/TDD 1-877-486-2048







A joint program of the National Institutes of Health and the Centers for Disease Contro and Prevention.