

# HealthReach Community Health Centers

November 2021



November is  
American Diabetes  
Month

1 in 10 Americans has Diabetes.

Talk to your provider today about resources and strategies  
to manage your diabetes.

## Know Your ABCs

**A1C Blood Test** Talk to your provider about what your goal number should be.

**Blood Pressure** Your goal should be 140/90 unless otherwise specified by your doctor.

**Cholesterol** Maintain a healthy level of cholesterol with your doctor's help.

**Smoking** Quit smoking to reduce blood sugar, blood pressure, and cholesterol.

*Talk to your doctor today for support in managing your  
diabetes. Scan the QR code to the right for more info*



Resources: <https://www.cdc.gov/diabetes/library/4steps.html>

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