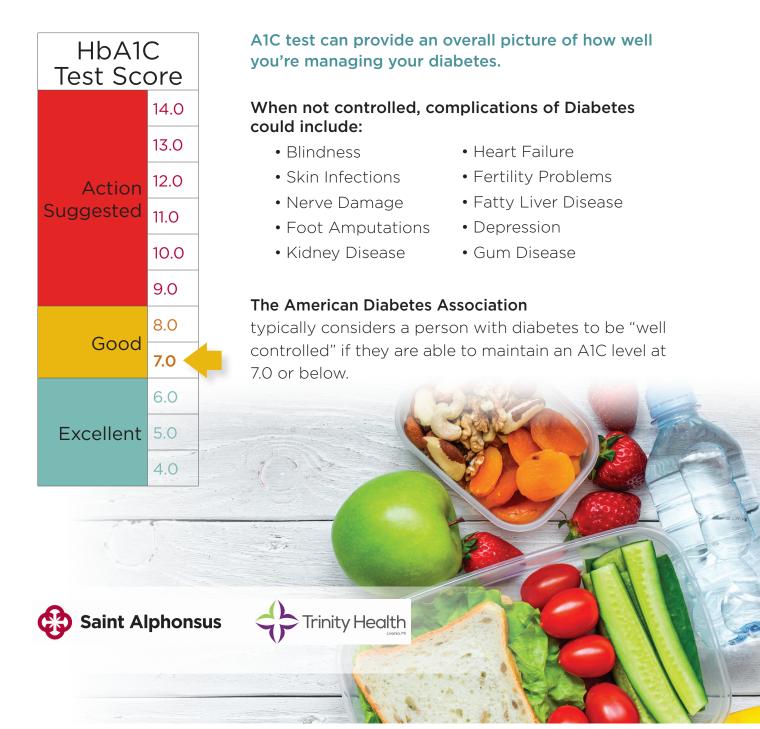
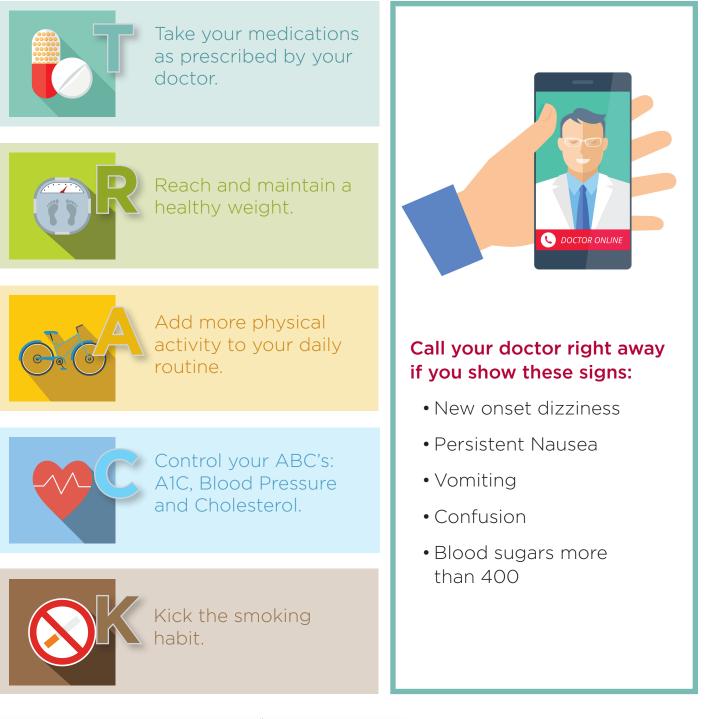
## DIABETES Education

Diabetes is a disease in which blood glucose levels are above normal. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.



Follow these steps to keep your diabetes on track.







If you have not been diagnosed with diabetes and your A1C is above 6.5, consult your primary care provider.

If you are not established with a healthcare provider, let us find you one: Call Saint Alphonsus at 208-367-DOCS (3627).

For more information contact the Corporate Health and Wellness Nurse (208) 367-6567.