

# What can you do?



## For both Type 1 and Type 2 diabetes

- Know your targets for [glucose control](#) and [weight](#)
- [Follow a healthy diet plan](#)
- [Exercise regularly](#)
- Take your prescribed medications in a timely and regular manner
- Prioritise your [emotional and mental well-being](#)

## For Type 1 diabetes and Type 2 diabetes requiring insulin treatment

- Take insulin **injections** as prescribed by your doctor
- Monitor blood sugar as advised by your healthcare team