



# Make the Link

and be smart about your heart!

# If

**you have diabetes,  
be an active  
partner with your  
doctor to reduce  
your risk of heart  
disease.**

Take control of the ABCs of diabetes (**A**1C, **B**lood pressure and **C**holesterol).

Ask your doctor how to:

- Get your A1C to your goal (ask what your goal should be)
- Get your blood pressure to your goal (ask what your goal should be)
- Get your LDL cholesterol below 100
- Ask your doctor where you can get diabetes classes and advice about what to eat.
- Ask family and friends to help you stay healthy.

Support is available to help you take control and lower your risk of heart disease and stroke:

- CheckUp America  
[www.checkupamerica.org](http://www.checkupamerica.org)
- The Heart of Diabetes  
[www.iknowdiabetes.org/](http://www.iknowdiabetes.org/)
- Diabetes, Heart Disease & Stroke  
[diabetes.niddk.nih.gov/dm/pubs/stroke](http://diabetes.niddk.nih.gov/dm/pubs/stroke)
- Take Care of Your Heart. Manage Your Diabetes  
<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=127>
- For a list of support groups near you, call the American Diabetes Association at **1-800-DIABETES** (1-800-342-2383) or visit <http://www.mn-dc.org/links.html>
- Do you or someone you know want to quit smoking? Call QUITPLAN at **1-888-354-PLAN** (1-888-354-7526) [in English, Spanish] or visit [www.quitplan.com](http://www.quitplan.com)



- American Diabetes Association - Minnesota Area
- Blue Cross and Blue Shield of Minnesota
- Health Partners
- Institute for Clinical Systems Improvement (ICSI)
- Itasca Medical Care (IMCare)
- Medica
- Metropolitan Health Plan
- Minneapolis St Paul Diabetes Educators
- Minnesota Department of Health
- PreferredOne
- PrimeWest Health
- South Country Health Alliance
- Stratis Health
- UCare



**Minnesota Diabetes &  
Heart Health Collaborative**