



Life is sweet.

Help keep it that way. If you haven't been diagnosed with diabetes, here are some ways to help lower your risk of developing it:

- [Eat a healthy, balanced diet.](#)
- [Stay active.](#)
- [Don't smoke.](#)

If you have diabetes, take action to [manage it](#). An important first step is to develop a diabetes action plan with your doctor. Maintain a healthy weight and control your blood sugar, blood pressure, and cholesterol to keep your diabetes in check.

Visit kp.org/diabetes (en [español](#)) for more information about diabetes.

Kaiser Permanente health plans around the country:

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