

Talk to a health care provider about your individual diabetes management plan and how these tips fit with your lifestyle.

How can problem-solving improve diabetes self-management?

Diabetes is complicated. Even when you follow your treatment plan, you still may not reach your goals. Diabetes changes over time, and you may need some new ways to manage it.

Try these three steps to help you start solving problems that affect your diabetes care:

Step 1: Identify the problem. *Ask yourself:*

- **What's changed**—my medicines, job, or something else in my life?
- **What's going to change**—travel, a holiday celebration, my routine?
 - Common situations you may need to problem-solve include going on vacation, getting sick, and eating out. These situations and others can make it hard to manage your food, activity, monitoring, and medicines.
 - When you know things are going to change, you can make plans to help deal with it.
 - And when a problem is unexpected, focus on figuring out the cause and finding ways to solve it.

Step 2: Find solutions. *Ask yourself or your health care provider:*

- **Have I had this problem before? How did I solve it then?**
- **Do I need more information to help me solve this problem?**
- **Can my treatment plan be adjusted so it's easier to follow?**
- **Are there any new tools, resources, or medicines that can help?**



Continued



Ready to learn more?

Watch **Solving Problems and the whole video series**—and kickstart managing your diabetes now!

cdc.gov/DiabetesKickstart



Step 3: Take action. *Make a plan:*

Create a realistic action plan that includes clear and measurable diabetes self-management goals and ask for help if you need it. Don't worry if your plan doesn't work for you; just try another one.

When you can identify and solve a problem, you'll have more confidence to take action the next time a problem comes up.



Provider guidance

Patient notes and questions

Your next step?

Ask your health care team to refer you to diabetes self-management education and support services! You'll get help setting realistic goals that can boost your ability to problem solve. You'll gain knowledge, skills, and tools to build confidence and emotional strength to manage diabetes for a long and healthy life!