Have a dilated eye exam every year, and follow these steps to keep your health on track.

- **T**ake your medications as prescribed by your doctor.
- **R**each and maintain a healthy weight.
- **A**dd more physical activity to your daily routine.
- **C**ontrol your ABC’s—A1C, blood pressure, and cholesterol levels.
- **K**ick the smoking habit.

www.nei.nih.gov/diabetes