

How to 'hack' your HbA1c

Trying to make improvements to your diabetes management can feel overwhelming sometimes. Here are seven easy ways to start making changes.

2



Review your data

You're missing out loads of useful information if you don't review your BG numbers. Downloading or writing down your data will help you to spot patterns and areas for easy wins

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One step at a time

Lots of people end up burning out by taking on too much at once. Try to make changes gradually so that you don't get overwhelmed

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Exercise

Regular exercise will help reduce BG, build fitness (in health & in looks) and have a positive effect on your mood.

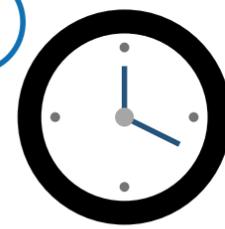
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Change sites & needles

Doing this means your body can absorb insulin better - you may need to reduce your doses if you experience hypos

6



Take fast acting insulin before meals

This is a really easy way to reduce BG spikes and time out of range; it also reduces the need for rage bolusing

5



Level up your knowledge

Research and guidance on diabetes is changing all the time, and there's loads that you can learn. Check out the Diabetes UK Learning Zone, or Libre Academy for some great resources.

7



Remember why it's important

Whether it's for your family, your work, or your future, your motivations to look after your diabetes will be completely individual to you. Take some time to work these out, and use them to keep you going when times get tough.

