

 American Diabetes Association.

Living Healthy with Type 2 Diabetes



Enroll in the American Diabetes Association's *Living With Type 2 Diabetes* Program today. This free program will help you learn more about diabetes and how to manage it. Enrollees will receive the FREE *Where Do I Begin?* booklet and pedometer *while supplies last...*

Mahalo to our supporters:

The Atherton Family Foundation



THE QUEEN'S HEALTH SYSTEMS



An Independent Licensee of the Blue Cross and Blue Shield Association



FACT:

26,100 people in Hawaii don't even know they have diabetes...

Take the Diabetes Risk Test online to find out if you or your loved one may be at RISK of developing diabetes at: www.diabetes.org/hawaii.

Looking for a little more support in your day-to-day life?

Sign up for **care4life** to receive 3 to 4 text messages to your cell phone every week with tips and encouragement to continue your personal fight against diabetes... the program is customizable and you are able to receive information such as healthy recipes, medication or doctor visit reminders, etc.



To register, please visit www.diabetes.org/care4life.

LIVING WITH TYPE 2 DIABETES ENROLLMENT FORM

How would you like to receive information from this program?
If you choose online, please provide your email address below.

Online

US Postal Mail

Title	First Name	Middle Initial	Last Name	Suffix
Phone Number	Address			
City	State	Zip Code		
Email Address	Date of Diagnosis (optional)			

You may enroll by sending this form to the American Diabetes Association at 900 Fort Street Mall, Suite 940, Honolulu, Hawaii, 96813 or by fax to 808-546-7502. You may also enroll by calling the local office at 808-947-5979, by email to ADAHawaii@diabetes.org or by visiting www.diabetes.org/living.