



Time saving hacks to help you make your health a priority

Put your health at the top of your to-do list

Be organised

Being organised will save you time and keep you on track. A diabetes kit with a glucose monitor, insulin, syringes and any other supplies you need all in one place can save you time during busy mornings when you have a million other things to do! Set alarms to keep you on track until it becomes part of your routine!

Keep your essentials in one handy place

Carry your glucose meter, lancets, and test strips in a separate small bag that you can always keep with you, so all your important items are in one place.

Remembering to take medications

If you have trouble remembering to take medications, try using a pill box or keeping medications in the bathroom by your toothbrush or out in plain view to remind you to take them every day. If you think your medication routine is too complicated or your schedule makes it hard to maintain then let your doctor or diabetes educator know so you can talk through solutions.

Fitting exercise in

Exercise is important for overall physical and mental health and as part of your diabetes management. Exercise at the same time every day can help you identify how exercise affects your glucose — which can help you plan for glucose highs and lows.

Be prepared

Keep a supply of glucose tablets in key places (bag, car, gym bag, work drawer etc.) so you can get to them quickly if your blood glucose drops. Plan ahead when it comes to food. Meal prep, even if it is just your lunch can help keep you on track throughout the week. You can also try preparing some meals when you have more time, like on the weekends.

Get tech savvy

A shared online calendar allows you to put all your information in one place for example GP appointments, specialist appointments, reminders for prescriptions. You can even share this calendar with your family members. You're not alone in your diabetes journey and your friends and family can help support you.

Set a time to self-check

Save a few minutes each night for a mini health check. Start by examining your feet for any cuts or cracks. Complete your food and glucose logs.

Schedule in some you time

Take time to relax and de-stress every day, even if it's just 30 minutes. If you are feeling overwhelmed, there are support services to help you.

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