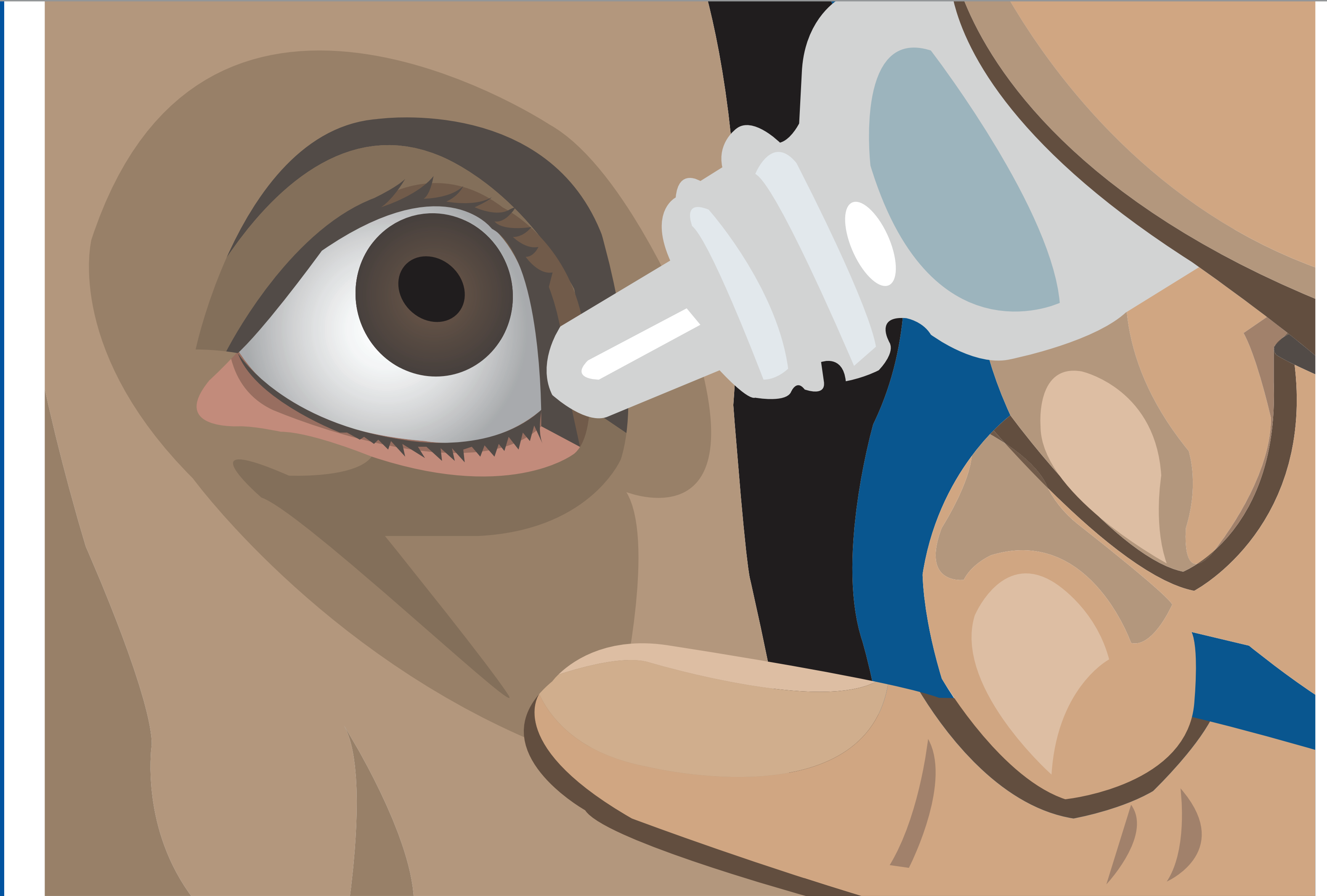


PROTECT YOUR VISION FROM DIABETES



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

T



Take your medications as prescribed by your doctor.

R



Reach and maintain a healthy weight.

A



Add more physical activity to your daily routine.

C



Control your ABC's—A1C, blood pressure, and cholesterol levels.

K



Kick the smoking habit.