



**Ask your
health care provider
about this free video**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

Living with Diabetes

Making lifestyle changes to last a lifetime

Type 2 diabetes, often called non-insulin dependent diabetes, is the most common form of diabetes. This program provides information on treatment options and lifestyle changes that together with your health care provider will help you to manage this disease and get on with enjoying your life.