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LIVE

MANAGE

TREAT

Fact Sheets

Videos

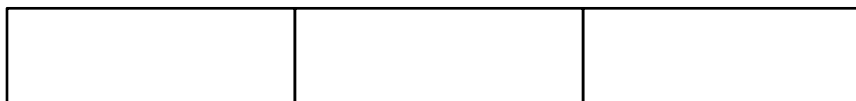
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Looking for a support program that works around you? Let us help you put the four cornerstones of good diabetes care to work for you. [Get Started.](#)

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LIVE

MANAGE

TREAT

Fact Sheets

Videos

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Start your journey >>

Start your journey >>

I'm doing OK, but
can do betterI'm not happy with
my careI just want
information

Start your journey >>

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LEARN

LIVE

MANAGE

TREAT

Fact Sheets

Videos

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I just learned I have diabetes	I want to know about type 1	I'm adding another medicine
Start your journey	Start your journey	Start your journey
I'm doing OK, but can do better	I'm not happy with my care	I just want information
Start your journey	Start your journey	Start your journey

LEARN ABOUT DIABETES

What is Diabetes	How is Diabetes Managed	Working with your Care Team
Healthy Coping	Addressing Risks	Special Situations

LIVING WITH DIABETES: The 4 Cornerstones of Care

Healthy Eating	Physical Activity
Self-management	Diabetes Medicines

TOOLS TO HELP YOU MANAGE YOUR DIABETES

Lifestyle Companion	Blood Sugar Diary	Video Catalog
Diabetes e-Books	Fact sheets	Articles
Q&A	Glossary	Patient Assistance Program

DIABETES MEDICINE OPTIONS

Insulin	Non-insulin
Taking your medicine as directed	Overcoming barriers to taking your medicine

Join Today

Registration is free, and gives you access to all of the powerful tools on Cornerstones4Care.com:

- Lifestyle Companion ((Active Management Tool))
- Blood Sugar Diary

You can also get Instant Savings on your Novo Nordisk co-pays for up to two years!

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LIVE

MANAGE

TREAT

Fact Sheets

Videos

Co-pay Savings

Membership

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LEARN ABOUT DIABETES: Basics & Beyond

What is Diabetes	How is Diabetes Managed	Working with Your Care Team
Women & Diabetes	Diabetes: A Family Affair	Special Situations

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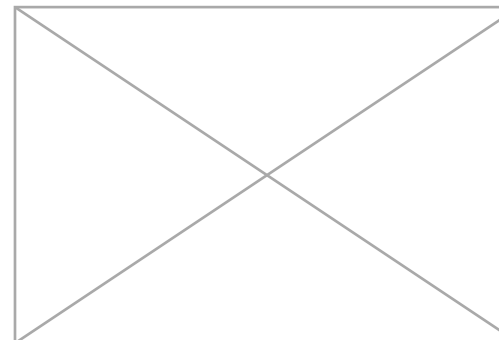
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MANAGE****TREAT**[Fact Sheets](#)[Videos](#)[Co-pay Savings](#)[Membership](#)[Benefits](#)**What Is Diabetes?**

When you eat, some of your food is broken down into sugar (also called glucose). Sugar travels in your blood to all your body's cells. Insulin helps sugar move from your blood into your cells. Insulin is a hormone that is made by the beta cells in your pancreas.

Your cells need sugar for energy. Sugar from food makes your blood sugar level go up. Insulin lowers your blood sugar level by helping sugar move from your blood into your cells.

When you eat, another hormone made in the gut helps the pancreas produce the right amount of insulin to move sugar from the blood into the cells. This hormone is called GLP-1. It stimulates the beta cells in the pancreas to release insulin when the blood sugar is too high. It also helps to lower the amount of sugar made by the liver.

There is also a third hormone called glucagon that tells the liver to release stored sugar if your blood sugar gets too low or if you have not eaten for many hours, such as overnight.



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HOME

LEARN

LIVE

MANAGE

TREAT

Fact Sheets

Videos

Co-pay Savings

Membership

Benefits

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Healthy Eating	Physical Activity
Self-management	Diabetes Medicines

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HOME

LEARN

LIVE

MANAGE

TREAT

Fact Sheets

Videos

Co-pay Savings

Membership

Benefits

MANAGING YOUR DIABETES: Tools You Can Use Every day

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Video Catalog	Diabetes e-Books	Fact sheets
Articles	Q&A	Glossary

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HOME

LEARN

LIVE

MANAGE

TREAT

Fact Sheets

Videos

Co-pay Savings

Membership

Benefits

DIABETES MEDICINES: What Are Your Options?

Insulin		Non-insulin
Taking your medicine as directed	Overcoming barriers to taking your medicine	Need help affording your medicine?

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LEARN

LIVE

MANAGE

TREAT

Fact Sheets

Videos

Co-pay Savings

Membership

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Lifestyle Companion

Your online home for planning & tracking your meals, activity, appointments, and more

Active Self-management Tool

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Blood Sugar Diary

Track your readings over time and share with your care team

You can also get Instant Savings on your Novo Nordisk co-pays for up to two years!

Instant Savings Card

Pay no more than \$25 for your Nov Nordisk prescription for up to 2 years

Diabetes Cookbook

Filled with over 350 diabetes-friendly recipes – including deserts

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1 2 3