Screenshot of homepage before intervention refinement

The Diabetes Knowledge Refinery

Explore these programs

I WANT TO LEARN ABOUT...
- Diabetes in general
- Living with diabetes
- Nutrition
- Physical activity
- Managing my weight
- Blood sugars

I WANT TO LEARN HOW TO...
- Take care of diabetes
- Live well with diabetes
- Eat healthily
- Be active safely
- Manage my weight
- Manage my blood sugars

I WANT TO CHANGE...
- The way I live with diabetes
- The way I eat
- How much I exercise
- My weight
- My blood sugars
- My risk of heart attack and stroke

I WANT REINFORCEMENT AND SUPPORT...
- About having diabetes
- About eating healthily
- About physical activity
- About losing weight
- About my blood sugars
- About reducing my risk of heart attack or stroke

Screenshot of homepage after intervention refinement

Diabetes Online Companion

Choose a topic:
Click on one of the following topics to get a list of all the programs related to the topic, then pick the one that you're interested in.

Blood pressure
Blood sugar management
Cholesterol
Coping with diabetes
Eye disease
Foot complications
General information
Heart attack and stroke risk
Kidney disease
Medications
Nutrition
Physical activity
Smoking
Teeth
Weight management

My Logs:
For people with diabetes, it is important to keep track of various things, such as blood sugars, blood pressure, what you eat and what you activity. Keeping track of these things can help you and your healthcare provider learn about your diabetes and how you respond to food, exercise, medications, and stress.

- My blood pressure log
- My blood glucose log
- My cholesterol log
- My food log
- My weight log
- My smoking craving log
- My physical activity log
- My report (log summaries)
- My medication log

July 2013

1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30 31

Tuesday, July 02, 2013

Recently Viewed Tools:
- My blood glucose log
- My medication log