



**GET CHECKED
ASK
KNOW
ACT
FOLLOW UP**

**It's
what
I do.**

Levi Walker

keeps his medical appointments.
At home, he checks and records
his blood sugar levels, then shares
the record with his doctor.

**Little Traverse Bay Bands
of Odawa Indians,
MICHIGAN**

IHS Division of Diabetes
Treatment and Prevention
www.diabetes.ihs.gov

