

Living Well with Diabetes

Diabetes self-care diary

Additional resources

Medical advice

During medical center hours: Call a member of your health care team.

After hours: Consulting Nurse Service is available to Kaiser Permanente members 24 hours a day, 7 days a week. Call toll-free 1-800-297-6877.

Medicine refills

Order your refills from a Kaiser Permanente Pharmacy and have them mailed to you with no charge for shipping. Orders usually ship within 2 business days. Call 1-800-245-7979 or order online at kp.org/wa

Skill building

Living Well workshops can help you develop skills to take better control of your health and life. The workshop meets once a week for 6-weeks and is free to Kaiser Permanente members. To register go to kp.org/wa/livingwell. The Resource Line can also help you register. Call toll-free 1-800-992-2279.

Resource and support information

The Resource Line has printed information about health topics, classes, support groups, advance directives, and other resources. Call 1-800-992-2279.

For more copies of this diary

Ask a member of your health care team for more free copies, or call the Resource Line to have one mailed to your home at no charge.

Visit us online

For more information about diabetes and other health topics, visit the Health and Wellness Resources section on our website at kp.org/wa.

Diabetes self-care diary

Date	Diet Log				Exercise	
	breakfast	lunch	dinner	snacks	type	time length
Mon.						
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Date		Blood Sugar & Medicine						
		breakfast		lunch		dinner		bedtime
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