



## Anyone can get diabetes, but not everyone manages it correctly

Diabetes is a lifelong condition in which your body either doesn't produce enough insulin (a sugar regulator) or can't use the insulin it produces. If you have diabetes, make sure you know your treatment options with Teladoc Medical Experts. Our leading experts can provide the answers and assurance you need.

### **Quick tips to prevent or control diabetes:**

- Manage weight—excess body fat can slow insulin production
- Eat healthier—stay away from foods high in fat or trans fat
- Exercise—it will help you manage your blood pressure



**1 in 3**

Canadians are living with diabetes or prediabetes<sup>1</sup>

NO ADDITIONAL COSTS | CONFIDENTIAL AND SECURE | VIRTUAL SERVICE—NO TRAVELLING NECESSARY

## Let expert medical minds ease yours

Teladoc Medical Experts can help you get the right diagnosis, treatment and peace of mind for both type 1 and type 2 diabetes.

### Use Teladoc Medical Experts when you:

- Need a leading endocrinologist to review your case
- Would like a recommendation for treatment by a specialist in or outside of Canada
- Want answers to questions about surgery, treatment and medication options

<sup>1</sup> <https://www.diabetes.ca/media-room/press-releases/one-in-three-canadians-is-living-with-diabetes-or-prediabetes,-yet-knowledge-of-risk-and-complicatio>

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**We can help you with any kind of medical issue or concern and guide you in the right direction to make the best possible medical decisions with confidence so you can get back to good health.**

**We're here to help.  
Contact us today.**

Call 1-877-419-2378