

### Resources to Support Diabetes

These websites and videos have been selected to help you manage your diabetes. Click on the blue-underlined website name to visit that resource page.

1. [ABCDESSS of Staying Healthy with Diabetes](#)
2. [Diabetes Canada](#)
3. [Diabetes Education through Island Health](#)
4. [Fact Sheet - Types 1 & 2](#)
5. [Fact Sheet - Type 2](#)
6. [Glycemic Index \(GI\)](#)
7. [My Diabetes Care Plan](#)



### Applications to Download

These applications (or "apps") can help you realize your healthy eating goals and allow your family and caregivers to share your health journey. Choose your device to view the app.

1. [Carbs & Cals \(Apple | Android\)](#)
2. [CalorieKing \(Apple | Android\)](#)
3. [Lose It! \(Apple | Android\)](#)
4. [My Fitness Pal \(Apple | Android\)](#)
5. [TYZE Connecting Care \(Website\)](#)

### Staying Healthy

The following resources have been gathered to help support you in staying healthy.

I am struggling with...

- [blood sugar levels](#)
- [diabetic ketoacidosis \(DKA\)](#)
- [driving](#)
- [eating healthy](#)
- [foot care](#)
- [hypoglycemia](#)
- [insulin](#)
- [medications](#)
- [mental health](#)
- [staying physically active](#)
- [smoking cessation](#)



### Programs to Join

These programs will not only provide you with information and support but also connect you with others looking to improve their overall health.

- [Programs & Events](#)
- [Self-Management BC](#)