

Type 2 Diabetes Video Library

HealthClips™ Video Library: allinahealth.healthclips.com



- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

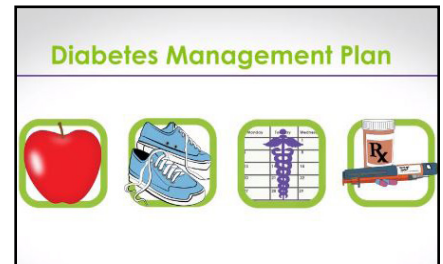
Use the QR code at left to access the entire video library. You can watch the below videos or any video in the HealthClips library at any time.

What is Type 2 Diabetes?



Watch this [video](#) to learn what happens when you have type 2 diabetes, and why you need to maintain healthy blood glucose levels.

Your Type 2 Diabetes Plan



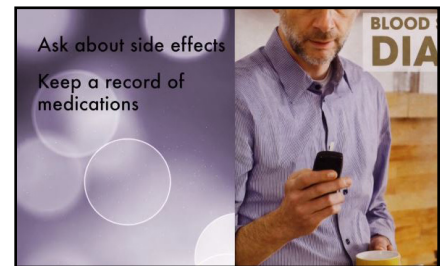
Watch this [video](#) to learn how to manage your blood glucose levels and how this can help you manage your diabetes every day.

Managing Your Diabetes: An Introduction



Watch this [video](#) to learn what diabetes is and how to prevent other health problems by managing your blood glucose.

Managing Your Diabetes: Taking Medication



Watch this [video](#) to learn how medicine can help keep your blood sugar (glucose) level steady.

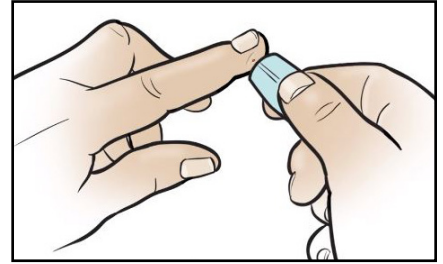
(over)

☐ Managing Your Diabetes: Monitoring



Watch this [video](#) to learn why you need to monitor your blood glucose to help prevent long-term health problems.

☐ Step-by-Step: Checking Your Blood Sugar



Watch this [video](#) to learn how to check your blood sugar step by step.