

Type 2 Diabetes Video Library

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- 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.

Lifestyle Changes for Better Diabetes Management



Watch this [video](#) to learn how small, positive changes in your lifestyle can lead to a lifetime of better blood glucose control.

The Need for Blood Glucose Monitoring and Record Keeping



Watch this [video](#) to learn why monitoring your blood glucose is helpful, and the parts of a blood glucose record.

Understanding Hypoglycemia (Low Blood Glucose)



Watch this [video](#) to learn why hypoglycemia (low blood glucose) is dangerous, symptoms to look out for, and how you can avoid it.

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□ Treating Hypoglycemia (Low Blood Glucose) When You Have Diabetes



Watch this [video](#) to learn what to do when you have symptoms of hypoglycemia.

□ How Illness and Injury Affect Diabetes



Watch this [video](#) to learn how physical stress caused by illness and an injury can cause your glucose level to rise.

□ Overcoming Common Diabetes Self-Care Barriers



Watch this [video](#) to learn to recognize the situations that might keep you from achieving your healthy lifestyle goals.