• Having diabetes can increase your chance of injury, and it can increase your risk of complication if you injured.
• Diabetes can prevented and managed.
So here are some ways we can address and prevent diabetes.

- Ask: Does anyone have information to share about resources for those concerned about diabetes or needing help in managing diabetes?
- Being healthy keeps us safe 24/7. Think about ways we can make changes to keep us safe and healthy.

ASK: “Does anyone have more ideas or comments to share?”
Pause for discussion. Then see if there are ways to take action.

END WITH ACTION PLAN (ideas for what to ask or say).

- Do you have ideas about things we can do to reduce our risk of diabetes?
- What motivates you to be healthier?
- Do you know how to help an employee who may be managing diabetes?
- How can we get more information on preventing or effectively managing diabetes?