



PRESCRIPTION FOR HEALTH INFORMATION: DIABETES
Veterans Health Library (VHL) <http://www.veteranshealthlibrary.org>

VETERAN'S NAME	TODAY'S DATE
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HEALTH CARE PROVIDER	CLINIC	PHONE
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<p>R_x Review the health care videos and handouts checked by your health care provider.</p>	<p>INSTRUCTIONS: From any Internet-connected computer or device, go to http://www.veteranshealthlibrary.org (English). Enter the title of the video or handout in the "Search Health Library..." box. Then, click on the title to open and view the video or handout.</p>
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VHL VIDEO LIBRARY		VHL WORKBOOKS
<input type="checkbox"/> Prediabetes (4:19)	<input type="checkbox"/> Partnering with Your Provider: Speak Up! Mary's Story (3:38)	<input type="checkbox"/> Living Well with Diabetes (Interactive Workbook) http://www.veteranshealthlibrary.org/GotoGuides/Diabetes
<input type="checkbox"/> Understanding Type 1 Diabetes (5:29)	<input type="checkbox"/> How to Give Yourself a Subcutaneous Injection (5:48)	
<input type="checkbox"/> Understanding Type 2 Diabetes (5:28)	<input type="checkbox"/> Insulin and Diabetes	
<input type="checkbox"/> Diabetes in Pregnancy (4:24)	<input type="checkbox"/> Obesity (5:40)	
<input type="checkbox"/> Blood Sugar Testing (7:17)	<input type="checkbox"/> Diabetes-Related Eye Diseases (5:16)	
<input type="checkbox"/> Partnering with Your Provider: Be Aware! Tom's Story (3:08)	<input type="checkbox"/> Foot Care for People with Diabetes (5:10)	
<input type="checkbox"/> Partnering with Your Provider: Don't Forget! Joe's Story (3:36)	<input type="checkbox"/>	

VHL HANDOUTS			
<input type="checkbox"/> Do You Have Diabetes?	<input type="checkbox"/> Prediabetes	<input type="checkbox"/> What Do You Know About Prediabetes Quiz	<input type="checkbox"/> Insulin Resistance and Prediabetes
<input type="checkbox"/> Metabolic Syndrome and Prediabetes	<input type="checkbox"/> Diabetes Glossary	<input type="checkbox"/> Getting Support When You Have Diabetes	<input type="checkbox"/> Adult Immunization Recommendations
<input type="checkbox"/> Resources for People with Diabetes	<input type="checkbox"/> What Is Low Blood Sugar?	<input type="checkbox"/> Hyperglycemia (High Blood Sugar)	<input type="checkbox"/> Diabetes: Sick-Day Plan



VHL HANDOUTS

<input type="checkbox"/> Your Diabetes Toolkit	<input type="checkbox"/> What Is Type 1 Diabetes?	<input type="checkbox"/> Understanding Type 1 Diabetes	<input type="checkbox"/> Checking for Ketones When You Have Type 1 Diabetes
<input type="checkbox"/> What Is Type 2 Diabetes?	<input type="checkbox"/> Understanding Type 2 Diabetes	<input type="checkbox"/> Diabetes: Exams and Tests	<input type="checkbox"/> How to Check Your Blood Sugar
<input type="checkbox"/> Step-by-Step: Checking Your Blood Sugar	<input type="checkbox"/> Using a Blood Sugar Log	<input type="checkbox"/> Blood Glucose Screening During Pregnancy	<input type="checkbox"/> Monitoring Your Blood Sugar During Pregnancy
<input type="checkbox"/> Managing Diabetes with the A1C Test	<input type="checkbox"/> What You Should Know About the Hemoglobin A1C Test	<input type="checkbox"/> What You Should Know About a Safe A1C Goal	<input type="checkbox"/> We Want You and Your Health Care Provider to Discuss and Choose a Safe A1C Goal
<input type="checkbox"/> Diabetes: Living Your Life	<input type="checkbox"/> Managing Stress When You Have Diabetes	<input type="checkbox"/> Diabetes and Alcohol Consumption	<input type="checkbox"/> Planning for Travel When You Have Diabetes
<input type="checkbox"/> Diabetes: Driving Issues	<input type="checkbox"/> Diabetes: Ways to Take Medication	<input type="checkbox"/> Oral Therapy for Type 2 Diabetes	<input type="checkbox"/> Taking Medication for Diabetes
<input type="checkbox"/> Step-by-Step: Giving Yourself an Insulin Shot	<input type="checkbox"/> Types of Insulin	<input type="checkbox"/> Using Injected Insulin	<input type="checkbox"/> Long-Term Complications of Diabetes
<input type="checkbox"/> Diabetes and Heart Disease	<input type="checkbox"/> Diabetes and Periodontal Disease: An Increased Risk	<input type="checkbox"/> Diabetes-Related Eye Disease	<input type="checkbox"/> Diabetic Retinopathy: Controlling Your Risk Factors
<input type="checkbox"/> Diabetic Retinopathy: Evaluating Your Eyes	<input type="checkbox"/> Diabetic Retinopathy: Having Vitrectomy	<input type="checkbox"/> Treating Diabetic Retinopathy	<input type="checkbox"/> What Is Diabetic Retinopathy?
<input type="checkbox"/> Diabetes: Inspecting Your Feet	<input type="checkbox"/> Diabetes: Keeping Feet Healthy	<input type="checkbox"/> Your Diabetes Foot Care Program	<input type="checkbox"/> Diabetes: Treating Minor Foot Infections
<input type="checkbox"/> Field Manual for Foot Health: The Battle to Fight Diabetic Foot Problems	<input type="checkbox"/> Diabetes and Kidney Disease	<input type="checkbox"/> Managing Your Glucose Level for Diabetes and Kidney Disease	<input type="checkbox"/> Diabetes: Caring for Your Body
<input type="checkbox"/> Diabetes: Meal Planning	<input type="checkbox"/> Diabetes: Shopping For and Preparing Meals	<input type="checkbox"/> Diabetes: The Healthy Plate	<input type="checkbox"/> Diabetes: Learning About Serving and Portion Sizes
<input type="checkbox"/> Diabetes: Understanding Carbohydrates	<input type="checkbox"/> Diabetes: Understanding Carbohydrates, Fats, and Protein	<input type="checkbox"/> Eating Out When You Have Diabetes	<input type="checkbox"/> Healthy Meals for Diabetes
<input type="checkbox"/> Before You Start Your Diabetes Exercise Plan	<input type="checkbox"/> Diabetes Activity Tips	<input type="checkbox"/> Diabetes: Getting Started with Exercise	<input type="checkbox"/> Diabetes: The Benefits of Exercise
<input type="checkbox"/> Diabetes: Tracking Your Fitness Program	<input type="checkbox"/> Exercise to Manage Your Blood Sugar	<input type="checkbox"/> Type 1 Diabetes: Getting Active	<input type="checkbox"/>