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BLOG

The Holidays With a Chronic Condition: 3 Tips

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At the Table

- Eat near your usual times
- No skipping meals to save up
- Plan treats, trim other carbs

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On the Go

- Pack enough medicine for the trip
- Carry your medicine list
- Set dose reminders on your phone

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What You Can Do

- Take a 10-minute walk after dinner
- Go easy on alcohol
- Plan the season with your care team

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Read the full article

Chronic Conditions and the Holidays: Staying on Track Through the Season

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General information, not medical advice. Your provider can tell you what is right for you. In an emergency, call 911.