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‘Manage Your Diabetes’ Brings Free Lifesaving Tools Online

WASHINGTON – Diabetes affects more than 20 million Americans, and low-income communities suffer disproportionately high rates of the disease. To address the unique needs of low-income and low-literacy people in managing this condition, One Economy Corporation today announced a new online health resource, [Manage Your Diabetes](#), created with support from the Robert Wood Johnson Foundation’s Pioneer Portfolio.

Proper management of diabetes requires constant monitoring, an understanding of healthy diet and exercise, and the ability to comprehend and use often complex medications. The information necessary to succeed is often too confusing and complicated for low-literacy individuals. Literacy, a stronger predictor of health than age, income, employment status, education level, and race, puts the health of approximately 90 million people, primarily low-income and minority individuals, at risk.

This diabetes self-management tool enhances the instructions diabetics receive from doctors and empowers them to take control of their disease, using a combination of audio/video storytelling, interactive and personalized content, and practical advice. The website allows users to customize the content, available in English and Spanish, to fit their specific physical limitations, other medical conditions, and even dietary preferences. Features include:

- **Take Your Meds:** Learn about medicines and reading labels, and watch how-to videos.
- **Monitoring:** Learn the guidelines for and importance of testing for blood sugar, blood pressure, and cholesterol, and keep track of crucial information with our *Blood Sugar Tracker*.
- **Eat Well:** Use audio-enhanced tools to take the mystery out of managing diet.
- **Get Moving:** Watch videos of patients’ strategies for working exercise into their lives.
- **Learn the Language:** Hear terms commonly used by doctors translated into easy-to-understand language with our audio glossary.

“Millions of American families have struggled with the steps that follow a diabetes diagnosis,” said Rey Ramsey, chief executive officer of One Economy, “*Manage Your Diabetes* makes it easier for patients and their families to understand the diagnosis, make a plan for managing the disease, and go on living a full life.”

During American Diabetes Month, One Economy Corporation and ASICS are teaming up to emphasize the importance of an active lifestyle to managing diabetes. Each day in November, one visitor to the *Manage Your Diabetes* website will win a pair of ASICS Gel-Cardio walking shoes, the first in a family of ASICS shoes specifically designed and engineered for people who are susceptible to circulation-related issues of the foot, a common complication of diabetes.

This comprehensive online destination for diabetics is one of the many health resources available on One Economy’s self-help web portal, the Beehive (www.thebeehive.org.) This multilingual website connects low-income people to information and resources targeting the things that matter most: health, jobs, money, schools, and family. With over 40 local Beehives, cities around the world are benefiting from these tools.

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One Economy Corporation is a global nonprofit organization that uses innovative approaches to deliver the power of technology and information to low-income people, giving them valuable tools for building better lives and entering the economic mainstream. We help bring [broadband into the homes](#) of low-income people, [employ youth](#) to train their community members to use technology effectively, and provide [socially responsible media properties](#) that offer a wealth of information on education, jobs, health care and other vital issues. Visit www.one-economy.com for more information.