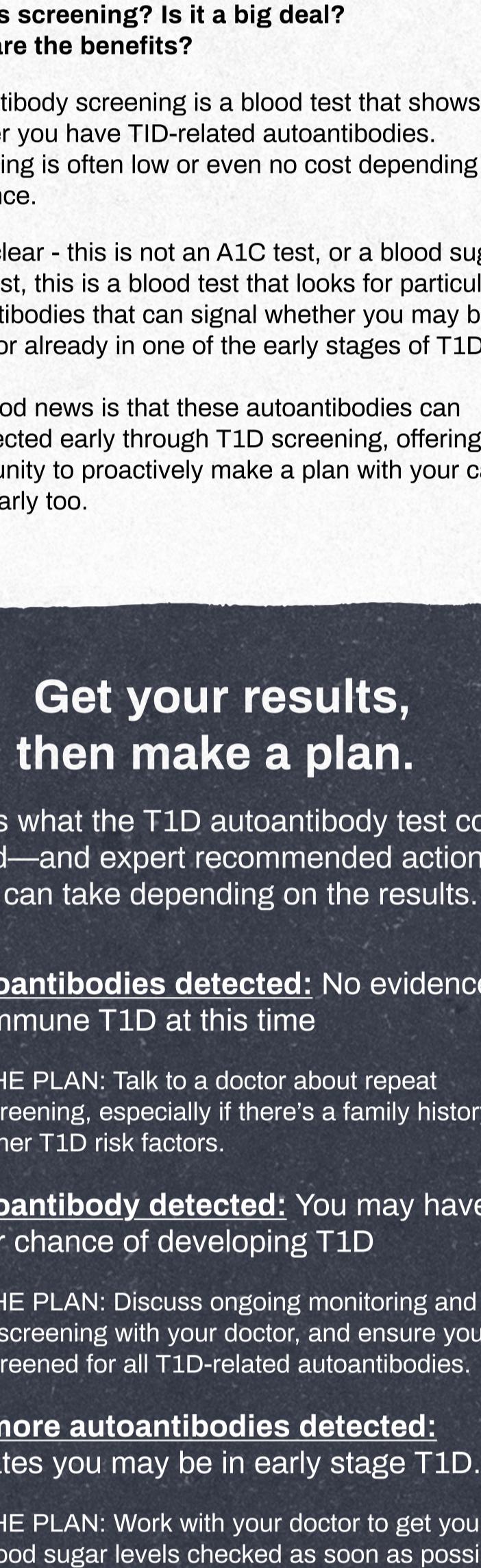


# Make a Plan & Write It Down

- My Type 1 Diabetes (T1D) Action Plan

"We don't let T1D stop us. We try not to let it control our lives, but nobody should have to live through a diagnosis story like ours. I'm grateful that there's screening because that gives you choices. You can know if T1D will be part of your story sooner."



- Cassie Bailey

parent to a child with T1D

Many people first find out that they or their loved ones have T1D due to an emergency medical event that can have consequential short and long-term health impacts. Screening for T1D can help spot T1D early and reduce the risk of serious complications, like DKA, at diagnosis. The first step to screening is making a plan.

**The sooner you screen for T1D, the sooner you know if you or your loved ones are at risk, and the more prepared you'll be for the road ahead.**

Screening is a blood draw or a tiny finger prick to screen for T1D-related autoantibodies that can help indicate whether you - or your loved ones - are at risk for T1D.

**Who should screen?**

In short? Everyone. Anyone can develop autoimmune T1D, no matter their age, family history, or lifestyle choices. Because T1D is an autoimmune disease, it's not preventable by diet or exercise.

**What is screening? Is it a big deal?**

**What are the benefits?**

Autoantibody screening is a blood test that shows whether you have T1D-related autoantibodies.

Screening is often low or even no cost depending on insurance.

To be clear - this is not an A1C test, or a blood sugar level test, this is a blood test that looks for particular autoantibodies that can signal whether you may be at risk of or already in one of the early stages of T1D.

The good news is that these autoantibodies can be detected early through T1D screening, offering the opportunity to proactively make a plan with your care team early too.

## Get your results, then make a plan.

Here's what the T1D autoantibody test could find—and expert recommended actions you can take depending on the results.

**0 autoantibodies detected:** No evidence of autoimmune T1D at this time

**THE PLAN:** Talk to a doctor about repeat screening, especially if there's a family history or other T1D risk factors.

**1 autoantibody detected:** You may have a higher chance of developing T1D

**THE PLAN:** Discuss ongoing monitoring and rescreening with your doctor, and ensure you've screened for all T1D-related autoantibodies.

**2 or more autoantibodies detected:** Indicates you may be in early stage T1D.

**THE PLAN:** Work with your doctor to get your blood sugar levels checked as soon as possible and to explore monitoring and management options.

These may not be all of the screening options available. Inclusion on this list does not imply the endorsement of Sanofi.



"It is kind of scary to learn that you may have something like type one diabetes. That is a scary thing to have to deal with. But if you have the knowledge, you're prepared. You know what to do. You know what to expect. I'm grateful that there is screening because that gives you choices."

- Cassie Bailey

parent to a child with T1D

**My Screening Plan**

When you write it down, you're more likely to commit to it.

I plan to call my doctor on [pick a date] to discuss T1D screening for [myself/my children/my family and friends].

Congratulations, you just took an important first step!

Make a plan to talk to your doctor about T1D screening today.

Learn more at [screenfortype1.com](http://screenfortype1.com)

**Sanofi** **SCREEN**  
**FOR** **TYPE 1**

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