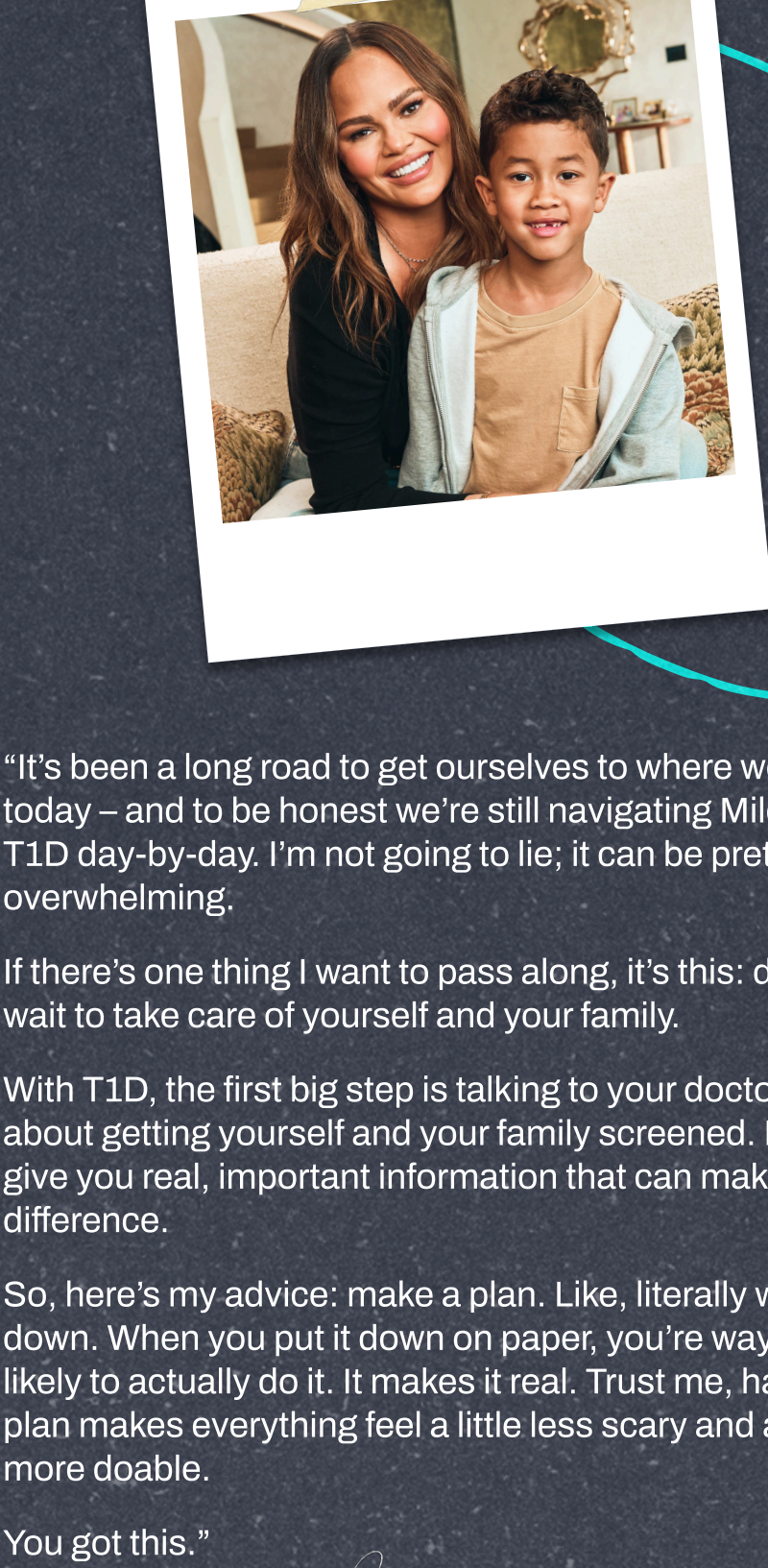
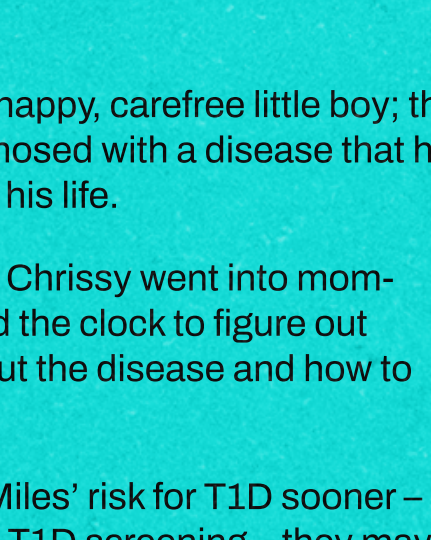


# Make a Plan & Write It Down

— My Type 1 Diabetes (T1D) Action Plan

“When Miles was diagnosed, the T1D community showed up for us in such a big way. Now I just want to send that love right back.”



“It’s been a long road to get ourselves to where we are today – and to be honest we’re still navigating Miles’ T1D day-by-day. I’m not going to lie; it can be pretty overwhelming.

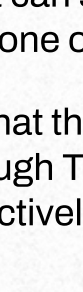
If there’s one thing I want to pass along, it’s this: don’t wait to take care of yourself and your family.

With T1D, the first big step is talking to your doctor about getting yourself and your family screened. It can give you real, important information that can make a big difference.

So, here’s my advice: make a plan. Like, literally write it down. When you put it down on paper, you’re way more likely to actually do it. It makes it real. Trust me, having a plan makes everything feel a little less scary and a lot more doable.

You got this.”

- Chrissy Teigen



**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 as easy as a blood draw or a tiny finger prick to screen for T1D-related autoantibodies that can indicate whether you – or your loved ones – are in the early stages of T1D, or at a higher risk for developing it.

Chrissy will be the first to tell you: it’s better to know than not know.

## 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.

## 2 or more autoantibodies detected:

Indicates you may be in early stage T1D.

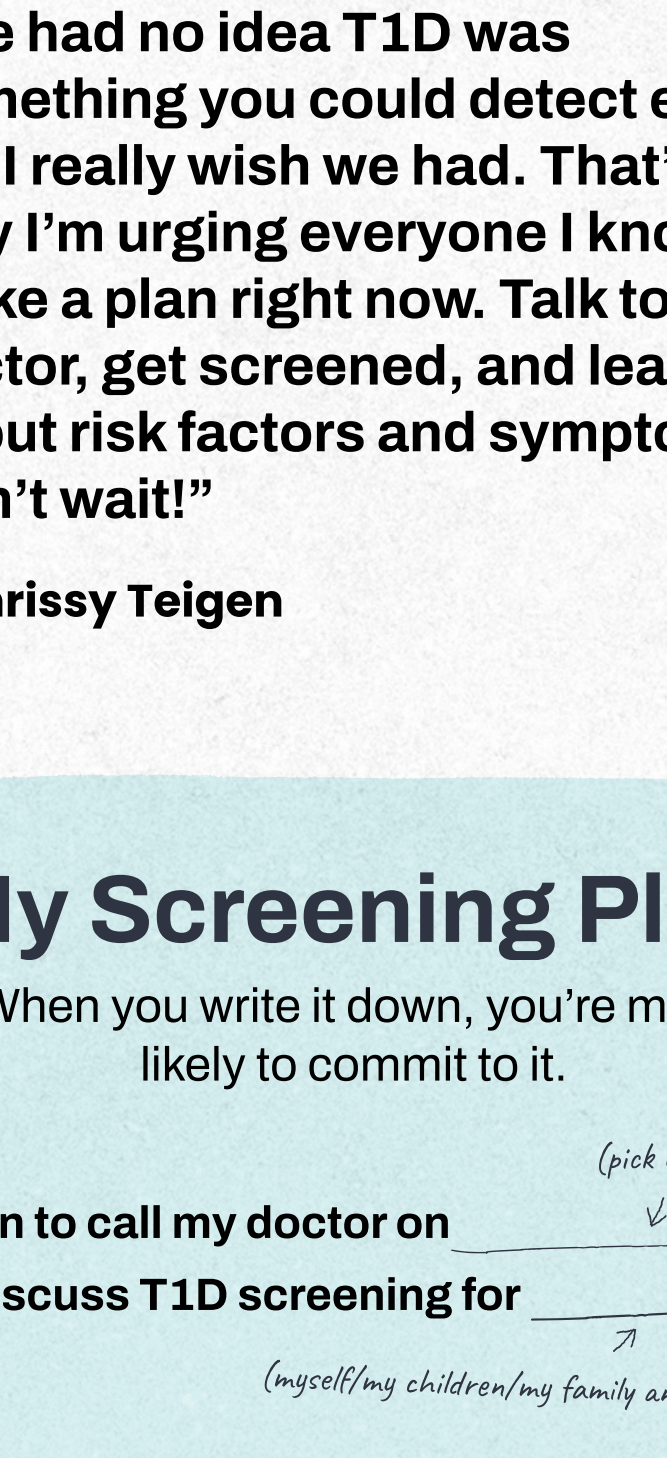
**THE PLAN:** Work with your doctor to get your blood sugar levels checked as soon as possible and to explore monitoring and management options.

# Let’s make a plan, right here, right now.

Making a plan around T1D can seem overwhelming, so let’s break it down into a few simple to-dos. Prioritizing your health – and the health of your loved ones – is one of the greatest acts of self care there is.

- Call your doctor and ask about autoantibody screening for T1D
- Make an appointment to get screened:
  - \* Through your doctor who can help schedule testing at a local lab or using an in-office kit
  - \* By visiting SCREENING CENTRAL and selecting from options there, including visiting a local lab, having a kit mailed to you, or scheduling an at-home blood draw
  - \* By signing up to receive a free test kit to be taken at home or at a local lab through TRIALNET
  - \* Through AUTOIMMUNITY SCREENING FOR KIDS (ASK) which offers free testing for all U.S. children
- Talk to your doctor about your T1D screening results
- Set up calendar reminders for additional screening and/or monitoring as recommended by your doctor
- Make appointments for additional blood tests as recommended by your doctor
- Contact any family members or loved ones who may be at risk and talk to them about T1D screening. If just one family member has T1D, the risk for other family members increases up to 15x.
- Take a moment to recognize yourself – for being proactive with your health and for making a plan to keep yourself and your loved ones healthy

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



**“We had no idea T1D was something you could detect early, but I really wish we had. That’s why I’m urging everyone I know to make a plan right now. Talk to your doctor, get screened, and learn about risk factors and symptoms. Don’t wait!”**

- Chrissy Teigen

## 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](https://screenfortype1.com)

**sanofi**

**SCREEN  
FOR TYPE 1**

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