

START YOUR JOURNEY WITH JARDIANCE



Jardiance® 
(empagliflozin) tablets
10 mg

Jardiance®



(empagliflozin) tablets

10 mg

This kit is filled with helpful tools and resources to guide you along your JARDIANCE journey.

WHAT'S INSIDE?

Calendar and resources

Your own personal weekly calendar-notebook to help you start your new routine. Every week, you'll get new motivational reminders and health tips, plus a quick support and resource finder.

Daily Inspiration

Just for you, we've created motivational mood stickers to help spread positivity, encouragement, and self-love.

We hope you find your kit helpful. In the coming months, look out for more helpful information, tips, and resources. And remember, we're here for you, every step of the way.

C A L E N D A R

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THIS WEEK

SET A ROUTINE

In order for your medicines to work, you need to take them! This week, focus on building a routine. Here are some tips to help you get going:



Take your medications at the same time every day

Make sure to follow instructions about when to take each medicine. Pair it up with daily routines, like brushing your teeth.



Use a pillbox

Keep track of multiple medications in one spot.

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THIS WEEK

THINKING AHEAD

What is one thing you would like to accomplish this week?

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THIS WEEK

GET MOVING

Make time to move regularly. An exercise routine can **help you get stronger** as well as help you feel less stressed and tired. And you can start slow—just a walk around the block is a great place to begin.

Remember to check with your healthcare provider before starting a new exercise routine.



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THIS WEEK

SPICE IT UP

Lowering sodium is key for eating a healthy diet. This is because too much salt contributes to water buildup in your body. And with more fluid in your blood vessels, the body has to work harder than it should.

Instead of using a lot of salt to give your food flavor, try spices and low-sodium seasonings.

Please speak to your healthcare provider or dietician before making changes in your diet.

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BE REALISTIC

Set priorities for the week. Planning too many tasks could be setting yourself up for failure and all of the emotional baggage that comes with it.



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REFLECT

Were you able to accomplish at least one of your priorities from last week? If yes, how did that make you feel? If no, how can you make time for your priorities this week?

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THIS WEEK

SET A ROUTINE

Try to exercise at the same time each day. For example, you might take a walk every morning before breakfast, or in the afternoon after lunch. This will help you develop a regular routine. **Remember to check with your healthcare provider before starting a new exercise routine.**



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WHAT'S COOKING?

Substitute, substitute, substitute! While grocery shopping, try to substitute high-sodium foods and beverages with low-sodium versions when you can. Foods with high sodium can include certain canned foods as well as frozen dinners, such as burritos or pizza. **Please speak to your healthcare provider or dietician before making changes in your diet.**

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TAKE YOUR EMOTIONAL PULSE

It's normal to feel sad or low at times. But if these feelings linger or interfere with your daily activities, you may be experiencing depression. Don't hesitate to talk to your doctor if you feel this way. Experienced professionals can help you find ways through it.



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REFLECT

What are 10 things that make you smile? Write a list.

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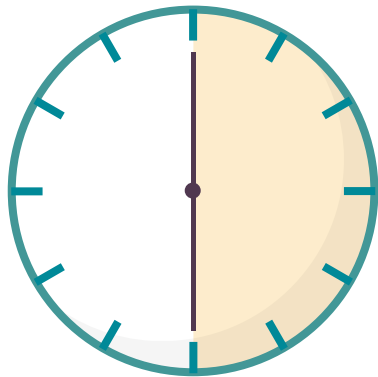
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THIS WEEK

SLOW AND STEADY

Start slowly when just beginning an exercise regimen. Try for 30 minutes of activity 5 or more times per week. If needed, you can break 30-minute sessions into smaller, more manageable 10- or 15-minute sessions. **Remember to check with your healthcare provider before starting a new exercise routine.**



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GO BANANAS

Get pumped for potassium! Did you know that potassium is an important mineral for maintaining normal function of the body? There are many potassium-rich foods, including fresh strawberries and bananas, as well as spinach, potatoes, and mushrooms. **Please speak to your healthcare provider or dietician before making changes in your diet.**

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BEING MINDFUL

Stress and anxiety can be common. It's important to learn healthy ways to cope with these thoughts and feelings. Luckily, those CAN be learned. Remember, you are in charge, not your thoughts.

Here are some techniques to help you manage:

- When negative thoughts enter your mind, acknowledge the thoughts and then direct your attention back to what you're doing. Repeat as necessary.
- Are you ruminating on a worst-case scenario? This is called catastrophic thinking. First, identify the thought, then think about best-case scenarios. It's important to weigh the evidence and facts and challenge irrational fears that hold you back.



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THIS WEEK

LOOKING AHEAD

What are some activities that you love to do?
How can you prioritize them for the week ahead?

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ON THE UPBEAT

Listen to music or a podcast that you love while you exercise. It'll help keep you entertained! **Remember to check with your healthcare provider before starting a new exercise routine.**



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ENJOY THE PROCESS

You don't have to love cooking to enjoy it. Take your time and be deliberate. Feel the textures. Smell the aromas. Taste as you go. If your mind wanders, no problem. Just bring it back to the delicious food you're making. When it's time to eat, don't rush! Enjoy every bite and give your brain time to catch up to your stomach. **Please speak to your healthcare provider or dietician before making changes in your diet.**

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JUST BREATHE

Find a quiet corner. Sit in a relaxed position. Rest your gaze and then: breathe. Focus on your breath coming in through your nose, and then out through your mouth. If you get distracted, that's okay—quietly bring your focus back to your breath. Do this for 15-20 minutes.

Done? Great! Guess what? You've just meditated! If you keep practicing, studies have shown it can help to lessen feelings of depression and negative moods.

Try it every day this week. See how you feel at the end of the week!



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GOAL SETTING

What is a goal you'd like to set for yourself this week?

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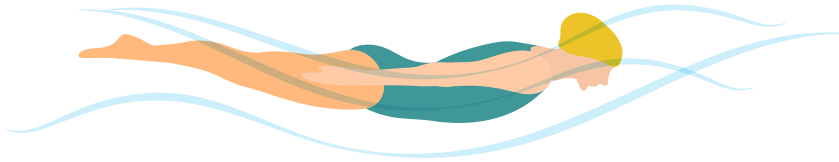
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THIS WEEK

CHANGE UP

Losing interest in your exercise routine? Try changing it up. For example, if you swim one day, try taking a walk the next. Or find a new route for your daily walks to change up the scenery and difficulty.

Just make sure to check with your healthcare provider first before making changes to your exercise regimen.



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THIS WEEK

CUT THE FAT

Eating healthy means limiting your fat intake. Read the nutrition facts label and watch out for:

- **Saturated fat**—This fat is mainly found in meats and some dairy products, as well as coconut, palm, and palm kernel oil
- **Trans fat**—This fat can raise your “bad” (LDL) cholesterol levels and lower your “good” (HDL) cholesterol levels as well as increase your risk of stroke. The major source of trans fats is partially hydrogenated oils in processed foods

Please speak to your healthcare provider or dietitian before making changes in your diet.

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STAY POSITIVE

Do your best to keep a positive support system. Surround yourself with people who make you feel good, rather than people who may be negative or make you upset.



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REFLECT

See how far you've come! Write down all the changes you've been able to make and then do a little celebration dance.
It's okay—no one's looking.

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EXERCISE BUDDIES

Exercise with friends or family! You're more likely to keep moving when you have company. **Remember to check with your healthcare provider before starting a new exercise routine.**



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WHAT'S COOKING?

Instead of frying your protein, try roasting or baking. This helps cut back on saturated fats, trans fats, *AND* calories! **Please speak to your healthcare provider or dietician before making changes in your diet.**

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SEND OUT AN S.O.S.

Go ahead and ask for help when you need it. If you're struggling with something, whether it be moving a piece of furniture or taking out the trash, ask a friend or family member to give you a hand. You may be surprised by how many people are willing to lend a hand.



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REFLECT

Who is someone you're grateful for right now? Why?

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TRAINING DAY

Don't know where to begin with exercise? Consider joining a gym and finding a certified fitness trainer. They can help you find a good balance of aerobic activity and strength, flexibility, and balance exercises. These types of exercises help keep muscles flexible and improve your balance. **Remember to check with your healthcare provider before starting a new exercise routine.**



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KEEP IT SIMPLE

"The hardest part of being an adult is figuring out what to cook for dinner every night for the rest of your life." —Unknown

Sometimes simple meals are the best meals. Throw some boneless, skinless chicken breast (seasoned with a low-salt spice mix) and your favorite veggies on a single sheet pan. Drizzle with olive oil. Then, cook at 400°F for 35-40 minutes (or until internal temperature reaches 165°F). Bon appétit! **Please speak to your healthcare provider or dietician before making changes in your diet.**

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EASE UP ON THE GAS

Give yourself a break this week.

You don't need to solve every life problem!



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REFLECT

Who is someone you love, and what do you love about them?

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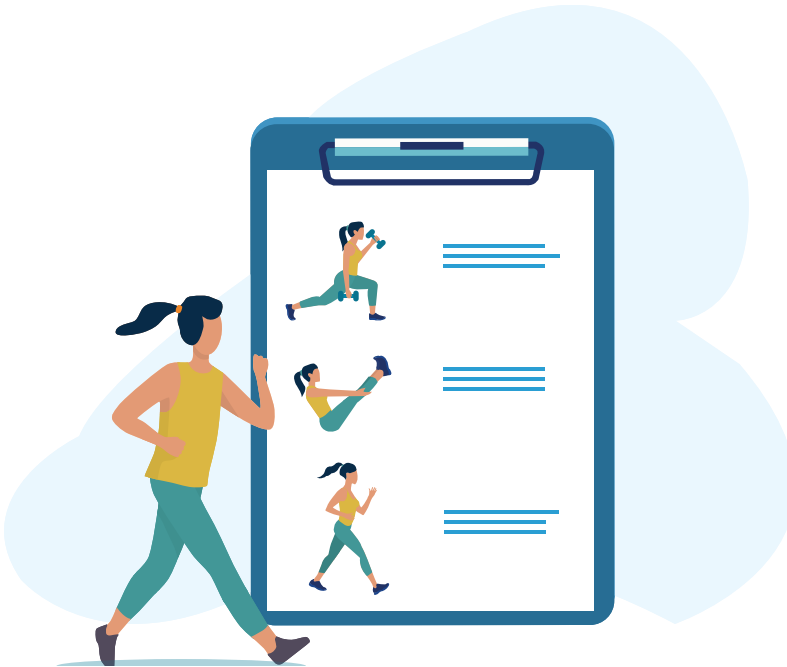
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ON THE RIGHT TRACK

Track your exercise activity so you can see your progress. Any activity that gets you moving counts! Log your time with an exercise app or on a piece of paper. Note how many minutes you spent doing an activity, and how you felt while doing it. **Remember to check with your healthcare provider before starting a new exercise routine.**



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EATING OUT

Eating out this week? Skip the fast food or buffets and pick a restaurant where food is cooked to order. There are plenty of restaurants that will honor your requests for low-salt, low-trans fat, and low-saturated fat versions of some dishes.

Ask for salad dressings, gravies, and sauces on the side. This way, you can control how much goes on your food. Some restaurants can also provide nutritional information for their meals. **Please speak to your healthcare provider or dietician before making changes in your diet.**

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GET THOSE zZzZs

Rest time during the day is essential for helping your body function. Taking short naps—or just time to sit and put your feet up—can help you feel less tired or overworked.



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TAKE CARE

What are some ways that you take care of yourself?

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ANYTIME IS A GOOD TIME (FOR EXERCISE)

We're all different—some of us are morning people, and some of us are night owls. Exercise at a time when you feel you have the most energy. **Remember to check with your healthcare provider before starting a new exercise routine.**



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MONITOR FLUIDS

How much water do you drink? Talk to your healthcare provider about how much water to drink every day.

Please speak to your healthcare provider or dietician before making changes in your diet.

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JUST SAY NO

It's okay to say no. Set boundaries and give yourself the time you need to get the things done that are important to you.



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LOVE THYSELF

What is one quality you love about yourself?
Ask a loved one what they love about you!

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EXERCISE KINDNESS

Don't be so hard on yourself. It's okay to have some off days. If you miss a day of exercise, just pick up the next day where you left off. Exercise isn't a win-or-lose situation! **Remember to check with your healthcare provider before starting a new exercise routine.**



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KNOW THYSELF

Are you still tempted to use salt on your food? Try putting it in a cupboard, out of sight. Experiment with spices and low-salt seasonings for added flavor. With a little help from the internet, you'll be able to find some premixed options and/or ideas on how to make your own. **Please speak to your healthcare provider or dietician before making changes in your diet.**

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MANAGING STRESS

If you reach for a smoke, alcohol, or caffeine as a way to manage stress, know this: it can actually make it worse! Exercising, avoiding smoking, and reducing your caffeine intake are all ways that you can help manage your stress levels.



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THINKING AHEAD

What are some healthy coping strategies you can adopt?

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SMALL CHANGES ADD UP

Look for opportunities to be active each day. Park in the spot furthest away from the store, choose stairs over an escalator, or take walking breaks while working. **Remember to check with your healthcare provider before starting a new exercise routine.**



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OVER-CAFFEINATED?

Try to cut down on caffeinated beverages like coffee, black tea, and sodas. Caffeine is a stimulant that can put stress on the body. **Please speak to your healthcare provider or dietician before making changes in your diet.**

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SILVER LININGS

Find the positive side of situations instead of the negative.
One way to do this is to allow yourself to acknowledge the
negative thought. Then leave it behind and continue your day.



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YOUR HAPPY PLACE

Where do you feel most happy? Describe that place.

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TREAT YOURSELF

Choose activities that are fun AND make you sweat. That way, exercise won't feel boring or like a burden. **Remember to check with your healthcare provider before starting a new exercise routine.**



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VEG OUT

Substitute salty snacks with fresh vegetables and fruits. Lightly steam the veggies to bring out their flavor and keep the crunch. **Please speak to your healthcare provider or dietician before making changes in your diet.**

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EASE UP ON THE GAS

Give yourself a break this week.

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BREAK A SWEAT

Which new activities have you incorporated into your exercise routine this year? Do you have a favorite? **Remember to check with your healthcare provider before starting a new exercise routine.**



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THIS WEEK

CHEERS!

There may be much to celebrate from the last year. But before breaking out the bubbly, talk to your doctor about alcohol intake. **Please speak to your healthcare provider or dietician before making changes in your diet.**

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REFLECT

You've spent an entire year focusing on making healthy changes.

That's amazing! Changing up habits that have been built over a lifetime can be tough to do. Even if there are missteps, that's okay—life is a work in progress. Take a moment and write down what you're most proud of from the last year.

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