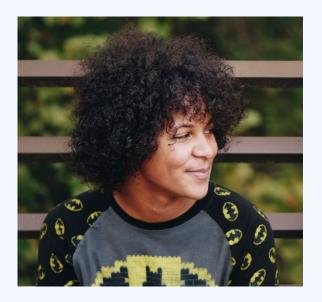
HELP OTHER TEENS WITH TYPE 1 DIABETES!

What is MyPlan?

Researchers want to learn if following an *eating pattern designed specifically for adolescents* with type 1 diabetes improves blood sugar management.

Participation in this study will last for about 6 months.



Can I participate?

I'm an adolescent with type 1 diabetes:

- 12 17 years old
- Type 1 diabetes for more than 1 year
- Last HbA1c test was 7.2% or higher
- I have a parent willing to participate



Scan the code below to fill out an interest form, and a study team member will be in contact with you:



Or, email or call our project team, and we'll be in touch to talk about whether MyPlan is right for your family!

myplan@cmh.edu

816-960-8956

