



# 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](mailto:myplan@cmh.edu)**

**816-960-8956**