



Remission and your first 90-day self-care plan

Name _____ Date _____

Your practical task

Write an achievable 90-day plan and review it weekly.

My personal goal agreed with my care team

My small RESET and REVIVE actions

My REPROGRAM reminder and RESTORE review date

Check your understanding

Write True or False beside each statement. This is not a diagnostic test.

1. Remission guarantees a permanent cure. _____
2. Follow-up remains necessary in remission. _____
3. Needing medicine means I have failed. _____

Health education for adults and families, mainly about type 2 diabetes. Do not change medicines yourself. Type 1 diabetes, pregnancy, children and complex illness need individual medical care.

12-week review

Record what you could do and any barriers.

Week	What worked	Barrier/low glucose	Next small step
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

My review

What did I learn and what support do I need?

My next small step and review date

Answers 1. False; 2. True; 3. False

Continue structured learning

[CR-DM499 · Diabetes: A Full Explanation to a Common Man](#)

<https://learn.globalselfhealthcare.org/courses/cellureva-diabetes-remission>

Sources: [International consensus on type 2 diabetes remission 2021](#) · [NIDDK Managing diabetes](#)