



CAN WE TAKE DIABETES CARE TO A HIGHER LEVEL?

The future of diabetes management boils down to one thing: confidence. When you have it, other people can't help but see it in you. Building it is hard work, it's true. But once you build it, you also inspire it.

We see a parallel here. Building our FreeStyle Libre portfolio took years of work, but now it's inspiring confidence in ... well, you'll be surprised by how many people. And by how far we can still go.

[HERE'S WHAT'S NEXT](#)

FREE TO EXPLORE, THANKS TO FREESTLYE LIBRE 2 AND NOVOPEN

A duo of diabetes care tools, integrated via smartphone, help people like Jasmine Jaffar manage their diabetes.



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BEAT THE EXTREME HEAT: 3 TIPS FOR STAYING HYDRATED

Our hydration expert breaks down the keys to protecting yourself when temperatures rise.



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METABOLISM: HERE'S WHAT IT IS -- AND HOW IT CAN CHANGE

Three things to know about your body's calorie-burning process and what you can do to manage and even alter it.



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THE REVEL IS IN THE DETAILS YOUR HEALTH IS WORTH IT

This month's focus: Our [BinaxNOW COVID-19 Self Test](#). To set the gold standard for reliably fast results, each test strip contains COVID-detecting antibodies that are bonded to gold. That's right: a trace amount of actual gold. It helps "paint" the red lines on the strip that indicate a positive or a negative -- delivering the kind of peace of mind you can't put a price on.



A FEW MORE BEFORE WE GO

- [Opening up Access to Diabetes Care Could Do a World of Good](#)
- [Virus Hunt Zooms In to Focus on New Potential Pandemics](#)
- [Can a Memory Start in the Heart? This Device Makes a Good Argument for It.](#)



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Abbott | 100 Abbott Park Road | Abbott Park, IL 60044 | (224) 667-6100