



Check B4U Drive

More than a Suggestion – It Can Save Lives!

1 Day Drivers Mini-Camp for Teens with Diabetes

What is Check B4U Drive? (CB4UD) A safe driving program for T1D teens It's about learning to identify and react to critical driving situations ... *AND* to be in control of diabetes

Why CB4UD?

- Transition time for all teens, **including those with T1D.**
- Time to develop the simple habit of checking blood sugar before driving.
- Goal to reduce diabetes related driving incidents — and hear the diabetes & driving message from someone other than mom and dad!



Who is it for? T1D teens reaching driving age (15-19 with permit or valid license)

Who is JDNL? A Minneapolis-based 501(c)(3) nonprofit formed in 2009. The founders have roots in motorsports and a T1D race car driver.

How long has CB4UD been conducted? First started in 2010 (w/1st-year support from Medtronic Diabetes)

What is the day like? Program runs from 9:00 to 3:00

- Includes sessions with a CDE and member of law enforcement
- In-car driving activities with expert driving instructors. In-car activities include:
Hard braking • Accident avoidance • Car control / slalom • Over / Understeer, more



JDNL's Goal To help T1D teens understand their responsibility for T1D management when reaching driving age and gaining new levels of independence

Do families pay for CB4UD? No... we have never charged for CB4UD! (donations are welcome)

Why does JDNL do this? *The diabetes industry acknowledges driving and diabetes is critical for new T1D drivers and T1D driving adds an extra layer of anxiety for parents. No one was addressing the issue in a serious (yet fun) manner for T1D teens — so JDNL stepped in. Everyone on JDNL's team is a volunteer.*

Can You Help? Yes, we want to spread CB4UD to other locations across the U.S. Contact us to learn how you can play a role!



Contact Tom Bregmann, tbregmann@JDNoLimits.org or 952.232.0363 — www.jdnl.org

**Developing the Right Diabetes Management
Habits Before Turning the Key!**

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