

| TIMECODE | VISUALS | AUDIO |
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| | <p>GFX Center</p> <p>dLife For Your Diabetes Life!</p> <p>Show opener GFX</p> | <p>VO</p> <p>dLife TV, the only show for your diabetes life. Packed with information, insights, cooking, and real stories about real people. dLife brings it all together to help you live a healthy diabetes life.</p> |
| | <p>GFX Center</p> <p>dLife FOR YOUR DIABETES LIFE!</p> | |
| | <p>Montage of upcoming segments</p> | <p>Nicole Johnson</p> <p>Today on dLife, the amazing Team Type 1 champion world class cyclists. Also, a U.S. soldier battles to keep fighting for his country, even with diabetes. And breakfast doesn't necessarily need to be loaded with carbohydrates.</p> |
| | <p>Nicole Johnson</p> <p>Lower Third:</p> <p>NICOLE JOHNSON dLife Diabetes Since 1993, Miss America 1999</p> | <p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. People with diabetes have broken almost every barrier in sports, from the football field to Mt. Everest. Diabetes has never stopped the truly determined. Last year, bicyclists with diabetes decided to break another barrier - the race across America. Their team, aptly named Team Type 1, set a new world record.</p> |
| | <p>GFX Center</p> <p>dLife FOR YOUR DIABETES LIFE!</p> | |
| | <p>Montage of bicycle race</p> <p>Phil Southerland -- interview</p> <p>Lower Third:</p> <p>PHIL SOUTHERLAND Diabetes Since 1982</p> | <p>Phil Southerland</p> <p>My name's Phil Southerland, I'm 25 years old, from Atlanta, Georgia.</p> |
| | <p>Bicycle team racing</p> | <p>Phil Southerland</p> <p>And Team Type 1's my baby.</p> |

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| | <p>Joe Eldridge -- interview</p> <p>Lower Third:</p> <p>JOE ELDRIDGE Diabetes Since 1992</p> | <p>Joe Eldridge</p> <p>My name is Joe Eldridge. I'm from Atlanta, Georgia. I am the co-founder of Team Type 1.</p> |
| | <p>Bicycle team racing</p> <p>Phil Southerland -- interview</p> <p>Footage of bicycle race</p> | <p>Phil Southerland</p> <p>We want to show people with diabetes that with good control, with good technology, uh.. as you can see, the OmniPod, Apidra, checking my blood sugar, 20 to 25 times a day, that you can do anything and everything a person without diabetes can do. Uh.. no offense to the people without di-diabetes, but we can do it better.</p> |
| | <p>Photo of Phil as a child</p> <p>Phil Southerland -- interview</p> <p>Footage of bicycle race</p> | <p>Phil Southerland</p> <p>Diabetes is the only way of life I've ever known. Diagnosed with diabetes at seven months of age. My mother was fantastic. She never let it stop me. It was- it was just something that we were gonna deal with.</p> |
| | | <p>Off-camera woman</p> <p>We love Team Type 1. Woo hoo!</p> |
| | <p>Phil Southerland -- interview</p> | <p>Phil Southerland</p> <p>I rode initially so I could eat. And then riding turned into racing. Racing became something I've become deeply passionate about, and it's allowed me to do some wonderful things in this world.</p> |
| | <p>Photo of Joe as a child</p> <p>Joe Eldridge -- interview</p> | <p>Joe Eldridge</p> <p>I was diagnosed with diabetes at age 10. I had an unquenchable thirst, as well as a constant need to use the restroom. So uh.. my mother took me into the doctor's office to find out what was going on.</p> |

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| | <p>Dave Eldridge -- interview</p> <p>Lower Third:</p> <p>DAVE ELDRIDGE Joe's Dad</p> | <p>Dave Eldridge</p> <p>When he was first diagnosed with- with diabetes, we were very concerned uh.. about his ability to deal with it. Because Joe was very laid back.</p> |
| | <p>Photo of Phil and Joe at race</p> | <p>Nicole Johnson</p> <p>In 2003, a chance meeting between Joe and Phil would have a profound effect on Joe's diabetes control.</p> |
| | <p>Joe Eldridge -- interview</p> | <p>Joe Eldridge</p> <p>We met in college uh.. at a bicycle race.</p> |
| | <p>Phil Southerland -- interview</p> <p>Phil in cycling gear, checking blood sugar</p> | <p>Phil Southerland</p> <p>He introduced himself and said, "Hey, I see you're checking your blood sugar. Do you have diabetes?" And I'm like, "Well, why else would you check your blood sugar?"</p> |
| | <p>Joe Eldridge -- interview</p> | <p>Joe Eldridge</p> <p>At the time, I wasn't checking my blood sugar very often. Maybe I would check it once a day, sometimes three times a day, but not near enough to be competing at the level that I wanted to be.</p> |
| | <p>Dave Eldridge -- interview</p> | <p>Dave Eldridge</p> <p>That was a turning point uh.. with Joe.</p> |
| | <p>Phil Southerland -- interview</p> <p>Joe riding bike</p> | <p>Phil Southerland</p> <p>When we met, his A1c was 11, now it's down to 5.6, and he's one of the best bike racers in the country.</p> |
| | <p>Montage of Joe checking his blood sugar</p> | <p>Nicole Johnson</p> <p>To maintain tight control, a typical day for a Team Type 1 cyclist means frequent blood sugar testing.</p> |

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| | | <p>Joe Eldridge</p> <p>During a regular day, I'm testing probably uh.. 15 to 20 times. During a training day, I'll test it three to five times in the hour before and the hour to two hours after, to find out where my blood sugar's going and where I want it to be. And then uh.. post-ride, I'll test just to make sure there's no hypoglycemia. It's a little bit higher than I want it to be, but that's the way it is sometimes.</p> |
| | <p>Phil Southerland -- interview</p> <p>Phil in front of audience</p> | <p>Phil Southerland</p> <p>He's the first person I got to meet, first person I got to help with the control. And he got me excited about sharing the fact that you can thrive with this disease if you take good care of it.</p> |
| | <p>Photo of Lance Armstrong, racing</p> | <p>Phil Southerland</p> <p>Lance Armstrong had just done some wonderful things for people with cancer. It's like, there's no one like that out there for diabetes. How can we make a difference?</p> |
| | <p>Phil Southerland -- interview</p> <p>Team Type 1 at starting line of race</p> | <p>Phil Southerland</p> <p>I called Joe and I said, "Here's my idea, here- here's what we're gonna do." And the first thing he says on the phone is, "Team Type 1."</p> <p><crowd counting down start of race, cheering></p> |
| | <p>Team Type 1 racing</p> <p>Lower Third:</p> <p>Team Type 1's First Race Across America was in June of 2006</p> | <p>Nicole Johnson</p> <p>Phil and Joe set their sights on the Race Across America. The RAAM Ride, as it's called, is known as the world's most grueling bicycle race.</p> |
| | <p>Montage of Team Type 1 racing (in map graphic window)</p> | <p>Joe Eldridge</p> <p>Uh.. the race Across America is a 3,053-mile race. Starts in Oceanside, California, and goes to Atlantic City, New Jersey.</p> |

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| | <p>Phil Southerland -- interview</p> <p>Team Type 1 racing and at rest stop</p> | <p>Phil Southerland</p> <p>The shifts are on for eight hours, and then eight hours rest. But with that eight hours that you're on, it was, you know, 10 to 15 minutes as hard as you can go. And then 30 to 45 minutes to rest, find out what your blood sugar is. If you need to do insulin, do insulin. If you need to eat a lot, which was most often the case, we'd do that.</p> |
| | <p>Joe Eldridge, in car</p> | <p>Off-camera Woman</p> <p>Joseph, eating.</p> |
| | | <p>Joe Eldridge</p> <p>Always eating.</p> |
| | <p>Bicycle race, evening</p> | <p>Phil Southerland</p> <p>Then you'd get back on the bike and go as hard as you can.</p> |
| | <p>Phil and Joe at side of the road with map</p> | <p>Phil Southerland</p> <p>The hardest part about RAAM is that even after 136 hours, no one's sleeping good, and our brains aren't functioning. We still have to follow directions.</p> |
| | <p>Rick Crawford -- interview</p> <p>Lower Third:</p> <p>RICK CRAWFORD Team Type 1 Coach</p> | <p>Rick Crawford</p> <p>A lot of people that do the Tour de France would crack in this sort of event. It's- it's that hard. Because of the sleep deprivation and the things that it takes to actually, every time you get on your bike.</p> |
| | <p>Team Type 1 racer on the road</p> | <p>Rick Crawford</p> <p>For- for six days, these guys are on their bike literally every maybe 20 minutes every hour.</p> |

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| | <p>Phil Southerland -- interview</p> | <p>Phil Southerland</p> <p>Even the first day and a half, our blood sugars were-- they were up, they were down, they were all over the place. And we were losing time. And when all was said and done, we came in second place by three minutes that first year. So we had to come back.</p> |
| | <p>Team Type 1, racing</p> <p>Lower Third:</p> <p>Team Type 1 took to the road for their 2nd RAAM Ride in June of 2007.</p> | <p>Nicole Johnson</p> <p>Knowing that only three minutes was all that stood between then and a first place finish, Team Type 1 made sure that blood sugar control wouldn't be an issue in 2007.</p> |
| | <p>Racers with crowd</p> <p>Phil Southerland -- interview</p> | <p>Phil Southerland</p> <p>We made some changes. Everyone switched to an OmniPod. Everyone-- we all put Apidra in the pumps. Starting off the race year two, we knew exactly where our blood sugars needed to be.</p> |
| | <p>Street, motorcycle police leading racers</p> <p>Crowd cheering</p> <p>Team Type 1 crosses finish line</p> | <p><sirens></p> <p>Phil Southerland</p> <p>So the- the finish o- of the race was-- this year was overwhelming. Uh.. it-- here we are, eight of us, rolling down the- the Boardwalk of Atlantic City onto the official finish line.</p> |
| | | <p>Race Announcer</p> <p>This is Team Type 1, sponsored by Freestyle.</p> <p><crowd cheering></p> |
| | <p>Team Type 1 on stage, celebrating</p> | <p>Joe Eldridge</p> <p>Takes us five days, 15 hours, and 43 minutes this past year. Which is also a new world record, uh.. set by a team of diabetics.</p> <p><team and crowd cheering></p> |

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| | <p>Joe Eldridge -- interview</p> <p>Team Type 1 on stage, arms raised</p> | <p>Joe Eldridge</p> <p>And it's just very inspirational to- to be able to accomplish that with eight people with diabetes. And people that tell you that you can't do that with diabetes, and to prove that- them wrong.</p> |
| | <p>Shot of racer's shoe with logo</p> <p>Racer rides off</p> | <p>Nicole Johnson</p> <p>So what's next for Team Type 1?</p> |
| | <p>Joe Eldridge -- Interview</p> <p>Montage of team talking, checking blood sugar</p> | <p>Joe Eldridge</p> <p>My ultimate dream for Team Type 1 would be to have us uh.. a network of people with diabetes that can support each other and- and give each other inspiration and motivation to use the tools that they have to- to better themselves and to be successful with diabetes.</p> |
| | <p>Team Type 1 racing</p> <p>Phil Southerland -- interview</p> <p>Footage of Team Type 1 racing</p> | <p>Phil Southerland</p> <p>If you can make the small adjustments, to take the small steps day by day to have control of your blood sugar, you can do anything in life.</p> |
| | <p>GFX Center</p> <p>dLife</p> <p>FOR YOUR DIABETES LIFE!</p> | |
| | <p>Montage of upcoming segment</p> | <p>Nicole Johnson</p> <p>Next on dLife, a soldier at war while wearing an insulin pump.</p> |
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| | <p>Nicole Johnson</p> <p>Lower Third:</p> <p>NICOLE JOHNSON</p> | <p>Nicole Johnson</p> <p>Staff Sergeant Mark Thompson joined the Army to defend his country, travel, and earn money for college. When he was diagnosed with diabetes before his tour of duty finished, he didn't let it hold him back. dLife talked with Sergeant Thompson at Fort Jackson in South Carolina to hear about his diabetes battle, both here at home and during his time fighting the war in Iraq.</p> |
| | <p>Shot of night sky</p> <p>Fort Jackson sign</p> <p>Mark Thompson, driving at night</p> <p>Mark training other soldiers in gymnasium</p> | <p>Nicole Johnson</p> <p>Mark Thompson dreamed of becoming a soldier since he was five years old. Young, healthy, and extremely motivated, Mark achieved his dream and moved through the ranks quickly. He loved the camaraderie, the diversity, even the rules. But his life as a soldier was threatened when he was hit with diabetes.</p> |
| | <p>Mark Thompson -- interview</p> <p>Lower Third:</p> <p>MARK THOMPSON Sergeant First Class, U.S. Army</p> | <p>Mark Thompson</p> <p>They told me, because of this medical condition, we're pretty sure that you're going to get kicked out of the Army. And I no longer had a choice. And I volunteered to serve my country, and now they're saying "You have to get out."</p> |
| | <p>Mark in gymnasium</p> <p>Soldiers marching at night</p> | <p>Nicole Johnson</p> <p>At the time, Mark knew nothing about diabetes. But with his career and lifelong ambition on the line, he knew he needed to learn, and fast.</p> |
| | <p>Montage of Mark in gymnasium</p> <p>Mark Thompson -- interview</p> <p>Mark checks blood sugar</p> | <p>Mark Thompson</p> <p>So I delved into research, and found that so long as I proved to them that I could still be a soldier, so long as I kept my blood sugars at the appropriate level and not be a- a medical risk, then I could stay in and continue to serve.</p> |

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| | <p>Mark works out in gymnasium</p> <p>Mark removes insulin pump in gymnasium</p> | <p>Nicole Johnson</p> <p>Mark proved this was a fight he was going to win. With constant testing and the help of an insulin pump, he brought his A1c down to six, where it has stayed consistently. He was allowed to keep serving. But life as a soldier would not be the same.</p> |
| | <p>Soldiers doing field training</p> | <p>Military officer</p> <p>Fighters stand, move.</p> |
| | | <p>Solders</p> <p>Yeah!</p> |
| | | <p>Nicole Johnson</p> <p>Concern over Mark's diabetes led the Army to decide he should not go to Iraq when his unit was deployed. But Mark had other intentions.</p> |
| | <p>Mark Thompson -- interview</p> | <p>Mark Thompson</p> <p>If the command had told me that they needed my expertise in the rear, then I would have been able to accept it. But instead, they told me that it was-- diabetes was the reason.</p> |
| | <p>Mark walks outdoors in uniform</p> <p>Shot of water tower</p> <p>Montage of Mark with diabetes equipment & exercising</p> | <p>Mark Thompson</p> <p>And that to me became a battle to win. So online, they had a message board where I was able to communicate with other diabetics, post questions. What would I do with diabetes in a very hot environment? In a sandy environment?</p> |
| | <p>Mark Thompson -- interview</p> <p>Shot of monitor</p> <p>Shot of Mark doing finger prick</p> | <p>Mark Thompson</p> <p>So I went to uh.. the top medical officer and laid out everything, what diabetes meant, what complications were going to arise in a deployed environment, and all of my backups to counteract those complications.</p> |

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| | <p>Mark walks outdoors</p> <p>Mark at night, driving</p> <p>Mark at home in kitchen</p> | <p>Nicole Johnson</p> <p>Mark convinced the Army that he was healthy enough to be deployed. But his wife wasn't so sure. She was concerned about him being in a war zone with diabetes.</p> |
| | <p>Beth Thompson -- interview</p> <p>Lower Third:</p> <p>BETH THOMPSON Mark's Wife</p> | <p>Beth Thompson</p> <p>I felt angry that they could possibly send uhm.. someone with his condition into those conditions.</p> |
| | <p>Mark with his child</p> <p>Beth Thompson -- interview</p> | <p>Beth Thompson</p> <p>I didn't think they understood that- that it was such a serious thing.</p> |
| | <p>Mark Thompson -- interview</p> | <p>Mark Thompson</p> <p>I needed to prove something to myself, that diabetes was not gonna stop me from being who I want to be.</p> |
| | <p>Soldiers marching at night</p> <p>Mark Thompson -- interview</p> <p>Montage of Mark in Iraq</p> | <p><marching chant></p> <p>Mark Thompson</p> <p>I deployed on a temporary status. Uh.. my sergeant major was given the- the right to send me home at any given moment if he thought that my diabetes was going to be a problem. So I was checking my blood sugar a lot in Iraq. But I needed to, in order to make sure that I wasn't going to be a casualty of diabetes to where I was gonna take somebody else out of the fight.</p> |

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| | <p>Mark Thompson and child</p> <p>Mark Thompson -- interview</p> <p>Mark at home with family</p> | <p>Mark Thompson</p> <p>I did not ever want to give up and quit and go home. Uh.. because if I did, I would have felt like the diabetes would have won. And that was a goal that I had, not only to prove to myself that I could still be a soldier as a diabetic, but also, I felt that I would let my family down if I was not able to be 100%.</p> |
| | <p>Montage of Mark's unit</p> <p>Mark Thompson -- interview</p> | <p>Mark Thompson</p> <p>And not only did I make it the full 12 months, but I was also given the bronze star for when I did that. When I retire from the Army, one of the things I would like to do for the rest of my life is to educate others that diabetes is not something that will stop them from doing anything. How they control it, how they deal with the disease, that will be the determining factor. And I would like for the rest of the world to see it the same way.</p> |
| | <p>GFX Center</p> <p>dLife FOR YOUR DIABETES LIFE!</p> | |
| | <p>Nichole Johnson</p> | <p>Nicole Johnson</p> <p>Up next, a solution for your daily breakfast dilemma. Chef Michel Nischan is in the dLife kitchen with that.</p> |
| | <p>GFX Center</p> <p>dLife FOR YOUR DIABETES LIFE!</p> | |
| | <p>Nicole Johnson</p> <p>Lower Third:</p> <p>NICOLE JOHNSON Type 1 Diabetes</p> | <p>Nicole Johnson</p> <p>We've all heard the wisdom that breakfast is the most important meal of the day. But important shouldn't mean carbohydrate heavy. Here's chef Michel Nischan.</p> |

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| | <p>Chef Michel Nischan in kitchen</p> <p>Lower Third:</p> <p style="text-align: center;">MICHEL NISCHAN dLife Chef</p> <p>Close up of plate with frittata</p> | <p>Michel Nischan</p> <p>Hi, and welcome to dLife kitchen. I'm Michel Nischan. And today, I'm going to cook one of my favorite breakfast recipes, an asparagus and cheese frittata.</p> |
| | <p>Michel Nischan in kitchen</p> <p>Shot of ingredients for frittata</p> | <p>Michel Nischan</p> <p>Now, for people living with diabetes, breakfast is one of the most challenging meals, because almost everything has carbohydrates. What I really love about this one is it has almost no carbs at all.</p> |
| | <p>Michel Nischan in kitchen</p> <p>Close up -- eggs</p> <p>Close up -- Michel Nischan cracks eggs into bowl</p> <p>Close up -- Michel Nischan</p> | <p>Michel Nischan</p> <p>And this is important, whether you're living with diabetes or not, it's just good for you. And eggs are the perfect food. Now here, we're going to get cracking. We're gonna use four eggs. And what I like to do is pre-crack the eggs and let them sit out a little bit while I'm working on the rest of the recipe. Because when the eggs come to room temperature, they cook better.</p> |
| | <p>Michel Nischan adds olive oil to skillet</p> <p>Close up -- Michel Nischan</p> | <p>Michel Nischan</p> <p>We're gonna add just a little bit of olive oil to a preheated cast iron skillet. And these are the best for cooking frittatas, 'cause you can start them on the stovetop, and finish them in the oven. And they're also just great non-stick pans.</p> |
| | <p>Michel Nischan sautés onions</p> <p>Close up -- chopped asparagus</p> <p>Lower Third:</p> <p style="text-align: center;">Asparagus is an excellent source of folate and vitamin K</p> | <p>Michel Nischan</p> <p>Now first, we're gonna put in the onion and pre-sauté this. Now, to prepare the asparagus, you can either cut it like I did here.</p> |

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| | <p>Michel Nischan snaps asparagus</p> | <p>Michel Nischan</p> <p>Or you can just snap it with your hand. And what you do is, you just kind of like snap down to the part of the stem where it'll no longer snap. And you know that that's going to be a little tough and chewy, so you can set it aside, refrigerate it, freeze it, save it for cooking soup.</p> |
| | <p>Michel Nischan adds asparagus to skillet</p> | <p>Michel Nischan</p> <p>Now, we have this wonderful asparagus. We're gonna add it to the pan and just sauté it with the onions. And we're gonna cook it until it's probably about half cooked. I'd say about four minutes.</p> |
| | <p>Michel Nischan whips eggs in bowl</p> <p>Close up -- salt and pepper added to eggs</p> <p>Lower Third:</p> <p>Omit the salt if you are sensitive or have high blood pressure</p> | <p>Michel Nischan</p> <p>Now it's time to whip the eggs. And I like to use a fork. Uhm.. using the fork whips the eggs without kind of like over breaking them up. I- I like a little bit of white to survive. I find that it actually makes them fluffier uh.. in the cooking process. Now, just before I pour the eggs in, I add just a little bit of sea salt, cracked fresh pepper.</p> |
| | <p>Close up -- eggs poured into skillet</p> <p>Chef Michel Nischan at stove working with frittata in skillet</p> | <p>Michel Nischan</p> <p>And now we just pour it into the skillet. We're gonna turn the fire up just a little bit. And just do a slow draw and mix, so that we can get more of the egg to contact the bottom of the pan. But we don't want to really like scramble it.</p> |
| | | <p>Michel Nischan</p> <p>'Cause what I want to do is make sure that I have a nice brown crust at the bottom of these eggs so that when we take it out of the oven, we can actually almost slice it like a pie.</p> |

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| | <p>Michel Nischan adds cheese to frittata</p> <p>Lower Third:</p> <p>If you prefer, you can use Swiss, mozzarella, or a blend of cheeses</p> | <p>Michel Nischan</p> <p>And this will take about two and a half to three minutes. Now, you can see that the eggs are just barely beginning to set. That means it's time to add the gruyere cheese. So here you have it. A little bit of cheese on the top. Now we're gonna go to a preheated broiler.</p> |
| | <p>Michel Nischan puts skillet in oven</p> | <p>Michel Nischan</p> <p>About six inches from the broiler, and we're gonna cook it for about three to five minutes, until the cheese melts and browns.</p> |
| | <p>Michel Nischan removes skillet from oven</p> <p>Close up -- slicing and serving frittata</p> | <p>Michel Nischan</p> <p>A few minutes later, look at that. We have a beautiful frittata here. Take a pie server and just go around the edge of the pan once, and here's how we serve it. With a little bit of a cut here, little bit of a cut here, and we're just gonna transfer it to a plate that we've already pre-garnished with a little bit of asparagus and some fresh thyme. Lookie there.</p> |
| | <p>Close up -- frittata on plate</p> <p>Left side:</p> <p>ASPARAGUS & CHEESE FRITTATA</p> <p>Makes 6 servings</p> <p>Per Serving:</p> <p>Calories: 163</p> <p>Carbs: 5g</p> <p>Fiber: 1g</p> <p>Saturated Fat: 5g</p> <p>Sodium: 305mg</p> | <p>Michel Nischan</p> <p>Now, there's an asparagus and cheese frittata that anybody could eat. Delicious, fresh, savory, loaded with protein, almost no carbs at all.</p> |
| | <p>Michel Nischan in kitchen</p> <p>Lower Third:</p> <p>www.dLife.com/recipebox</p> | <p>Michel Nischan</p> <p>Now, for this recipe, and more great tips on how to manage your diabetes, or your health in general, visit us at the website at dLife.com/recipebox. I'm Michel Nischan, thanks for joining us in the dLife kitchen.</p> |

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| | <p>GFX Center</p> <p>dLife</p> <p>FOR YOUR DIABETES LIFE!</p> | |
| | <p>Montage of upcoming segment</p> | <p>Nicole Johnson</p> <p>Next on dLife, a slam poet who wrestles with diabetes.</p> |
| | <p>GFX Center</p> <p>dLife</p> <p>FOR YOUR DIABETES LIFE!</p> | |
| | <p>Nicole Johnson</p> <p>Lower Third:</p> <p>NICOLE JOHNSON</p> | <p>Nicole Johnson</p> <p>Poetry slams have revitalized the oral tradition of reading and performing works of poetry. Kalima Johnson is a slam poet who pours her life experience into her art. And that experience includes six years of living with diabetes.</p> |
| | <p>GFX Center</p> <p>dLife</p> <p>FOR YOUR DIABETES LIFE!</p> | |
| | <p>Exterior shot of Hunter's Supper Club</p> <p>Kalima Johnson performing poetry on stage</p> | <p>Kalima Johnson</p> <p>I am the murder capital turned motor capital, the Motown sound that sends you into some fantasy of when you were younger and much more beautiful.</p> |
| | <p>Kalima Johnson works on a client's hair</p> <p>Montage of slam club performances</p> | <p>Nicole Johnson</p> <p>Kalima Johnson was diagnosed with type 2 when she was 31. Her struggle with the disease has been vocalized across the coffee shops of Detroit through poetry. Slam poetry.</p> |
| | <p>Kalima Johnson -- interview</p> | <p>Kalima Johnson</p> |

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| | <p>Lower Third:</p> <p>KALIMA JOHNSON Type 2 Diabetes Since 2000</p> | <p>What it is, is uhm.. competitive uh.. performing poetry where people get up, poets and- and writers alike, get up and recite for three minutes and ten seconds uh.. something of their own creation. And then there are people in the audience, three to five folks, who can give you a score.</p> |
| | <p>Master of ceremonies on slam poetry stage</p> | <p>Master of ceremonies.</p> <p>Give it up for Kalima Johnson. Yeah.</p> <p><applause, cheers></p> |
| | <p>Kalima goes on stage</p> <p>Kalima Johnson -- interview</p> | <p>Kalima Johnson</p> <p>You know, and you gotta really have your- your self-esteem together, because you're gonna pour out your heart or pour out something that's really personal to you in a poem.</p> |
| | <p>Kalima at home, looking down</p> | <p>Nicole Johnson</p> <p>Well before her diagnosis, diabetes had already played a serious role in her life.</p> |
| | <p>Kalima Johnson -- interview</p> | <p>Kalima Johnson</p> <p>My uhm.. grandmother uhm.. had congestive heart failure. And uh.. she had some kidney issues, and she was buried as a double amputee. Uh.. and my mother was the- in the same exact condition 30 years later.</p> |
| | <p>Kalima in audience at slam club</p> <p>Kalima doing client's hair</p> | <p>Nicole Johnson</p> <p>Although she knew there was a genetic possibility that she'd develop the disease, Kalima was devastated when she was diagnosed.</p> |
| | <p>Kalima Johnson -- interview</p> | <p>Kalima Johnson</p> <p>I felt like I was given a death sentence. I felt cheated. You know, because I felt like it just wasn't</p> |

| TIMECODE | VISUALS | AUDIO |
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| | Kalima at home, writing in book | gonna happen to me. I was in such denial about- about it in my family. I went home and I called my sisters. And they came over and we just cried. And was I scared? Yes. I was afraid. But I knew that there was something that had to change in my life. |
| | Kalima on stage, performing | Kalima Johnson Go ahead, I dare you. Write a rap about that. |
| | Kalima Johnson -- interview | Kalima Johnson Writing poetry helps me uhm.. deal with my diagnosis of type 2 diabetes because it gives me an opportunity to express myself. |
| | Kalima on stage, performing | Kalima Johnson Haven't you heard? I'm going back. I'm going back. I'm going back to me. |
| | Kalima, checking blood sugar Kalima -- interview | Kalima Johnson I have to make sure my numbers are straight before I go on stage, 'cause if I start expending all that energy, the next thing you know, I'll- I'll crash. |
| | Kalima, on stage | Nicole Johnson A frightening incident on stage demonstrated to Kalima just how serious diabetes can be if not monitored. |
| | Kalima -- interview Kalima, on stage Kalima -- interview | Kalima Johnson I was starting to feel dizzy, disoriented. I wasn't able to read what was on the paper in front of me, and I was just not really-- and losing where I was at. So I knew that something was happening. I was starting to tremble a little bit. And I just walked right up on stage and got on the mike, and I said, "Someone needs to get me some orange juice or some sugary |

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| | | drink really fast.” |
| | <p>Kalima checks blood sugar</p> <p>Kalima, on stage</p> | <p>Nicole Johnson</p> <p>Like so many people with diabetes, Kalima struggles to manage her condition. She uses her artistic expression to help. Someday, she'll write that piece that will tell us all about it.</p> |
| | <p>Kalima with a friend</p> <p>Kalima Johnson -- interview</p> | <p>Kalima Johnson</p> <p>It's an ongoing battle to deal with diabetes, and to deal with type 2 in particular for me. Uhm.. and I'm just willing to face it, because I don't want my future to- to be impacted by this disease, I want to conquer it.</p> |
| | <p>GFX Center</p> <p>dLife</p> <p>FOR YOUR DIABETES LIFE!</p> | |
| | <p>Nicole Johnson</p> <p>Lower Third</p> <p>www.dLife.com/forum</p> <p>Montage of upcoming segment</p> | <p>Nicole Johnson</p> <p>Do you have a creative outlet for coping with diabetes? Take this week's dLife poll and then talk about it in the dLife Community Forum at dLife.com/forum. When dLife returns, a babysitting service to calm nervous parents.</p> |
| | <p>GFX Center</p> <p>dLife</p> <p>FOR YOUR DIABETES LIFE!</p> | |
| | <p>Nicole Johnson</p> <p>Lower Third:</p> <p>NICOLE JOHNSON</p> <p>Diabetes Since 1993</p> | <p>Nicole Johnson</p> <p>When a child is diagnosed with diabetes, his or her parents' life changes forever. A teenager in New York City saw this as an opportunity to offer some help. Kimberly Ross is the founder of Safe Sittings, a nationwide network of babysitters who know all about diabetes.</p> |

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| | <p>GFX Center</p> <p>dLife</p> <p>FOR YOUR DIABETES LIFE!</p> | |
| | <p>Kimberly Ross approaches apartment door</p> <p>Kimberly Ross -- interview</p> <p>Lower Third:</p> <p>KIMBERLY ROSS Diabetes Since 2000</p> | <p>Kimberly Ross</p> <p>My name is Kim, I'm 17 years old, and I was diagnosed with type 1 diabetes six years ago.</p> |
| | <p>Kimberly enters apartment</p> | <p>Kimberly Ross</p> <p>Hi, Hannah.</p> |
| | | <p>Hannah Murphy</p> <p>Hello.</p> |
| | | <p>Kimberly Ross</p> <p>Hi.</p> |
| | | <p>Sharon Murphy</p> <p>It's good to see you, come on in.</p> |
| | <p>Kimberly with Hannah and her dad</p> <p>Kimberly Ross -- interview</p> <p>Close up -- Hannah</p> <p>Kimberly Ross -- interview</p> <p>Kimberly with Murphy family</p> | <p>Kimberly Ross</p> <p>Safe Sitings is a service where teenagers with diabetes baby sit for kids with diabetes. I came up with the idea of Safe Sitings because a lot of families who have children with diabetes are desperate to find a babysitter who has the knowledge to take care of their child.</p> |
| | | <p>Sharon Murphy</p> <p>I don't think we went out at the beginning for a long</p> |

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| | | time. |
| | <p>Anthony Murphy -- interview</p> <p>Lower Third:</p> <p>ANTHONY MURPHY Hannah's Father</p> | <p>Anthony Murphy</p> <p>In the first few months, the only time we were a- apart for more than a few hours was if Hannah was with her grandparents.</p> |
| | <p>Kimberly plays board game with Hannah</p> <p>Sharon Murphy -- interview</p> <p>Lower Third:</p> <p>SHARON MURPHY Hannah's Mother</p> | <p>Sharon Murphy</p> <p>I feel like Kim's babysitting service has really provided us with just a- a piece of mind. It's just an amazing thing as a parent to feel that, you know, your child is safe.</p> |
| | <p>Kimberly with Hannah, checking blood sugar</p> <p>Lower Third:</p> <p>HANNAH MURPHY Type 1 Diabetes</p> | <p>Hannah Murphy</p> <p>I think it's cool because my babysitter has diabetes, so I can ask her questions and that nobody else can.</p> |
| | <p>Kimberly with Hannah</p> <p>Kimberly tucks Hannah into bed</p> <p>Hannah's parents -- interview</p> | <p>Anthony Murphy</p> <p>One of the other great things that Kim brings to Hannah is the perspective of somebody else who's had diabetes at school. Being teased, having to leave the classroom a lot. Some important lessons that Hannah can learn from her.</p> |
| | <p>Kimberly sits on Hannah's bed</p> | <p>Kimberly Ross</p> <p>The end. I like that book.</p> |
| | | <p>Hannah Murphy</p> <p>I do too.</p> |

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| | | <p>Kimberly Ross</p> <p>So your blood sugar was good. We just tested before we started reading, so it's bed time.</p> |
| | | <p>Hannah Murphy</p> <p>Mm-hm.</p> |
| | | <p>Kimberly Ross</p> <p>Good night.</p> |
| | | <p>Hannah Murphy</p> <p>Good night, Chilly Willy.</p> |
| | | <p>Kim</p> <p>Good night, Hannah Banana. See you soon.</p> |
| | <p>GFX Center</p> <p>dLife</p> <p>FOR YOUR DIABETES LIFE!</p> | |
| | <p>Nicole Johnson</p> <p>Lower Third</p> <p>www.dlife.com/babysitters</p> | <p>Nicole Johnson</p> <p>For tips on finding diabetes-friendly childcare, go to dLife.com/babysitters. That's all the time we have. We'll be back again next week with another edition of dLifeTV, to inform, inspire, and connect, for a healthy diabetes life.</p> |
| | <p>Center:</p> <p>dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</p> | |

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| | Credits roll | |
| | Nicole Johnson (Inset) | Nicole Johnson Remember, we're not role models; we're people living with diabetes just like you. What we do and how we manage may work for us, but everyone is different and you have to work with your diabetes care team to find out what works best for you. Remember, it's your diabetes life and there's no substitute for getting control of it. |