

**Dr. Phil McGraw**  
**ON IT Movement**

Dr. Phil McGraw is best known as the host of the top-rated daytime talk show, "Dr. Phil". He is also an accomplished author, having written eight *New York Times* No. 1 bestsellers and is frequently called upon for his expert opinion on current events by major national and international news outlets.

Dr. Phil has lived with type 2 diabetes for more than 25 years. When he was diagnosed, he made a commitment to get on – and stay on – a healthy treatment plan of medication, diet and exercise. Now, he has partnered with AstraZeneca to bring this commitment to life for the millions of people living with the disease as part of the 'ON IT' Movement, a program designed to help adults commit to take action and live healthier.

Through his personal experience living with type 2 diabetes and his former experience as a practicing clinical psychologist, Dr. Phil offers a unique perspective on staying motivated and accountable. As part of the ON IT Movement, Dr. Phil is sharing "6 Rules to Get ON IT," which can help guide those with type 2 diabetes in overcoming the psychological barriers so they can create a plan and stick to it. More information can be found at [OnItMovement.com](http://OnItMovement.com).

For 25 years, Dr. Phil was a licensed psychologist in the State of Texas before retiring to dedicate himself to his educational media platform full-time. Dr. Phil's work has been recognized with a presidential citation from the American Psychological Association, and his show has earned a MADD Media Award, 5 PRISM Awards and 27 Emmy nominations. Additionally, Dr. Phil was inducted into the Broadcasting & Cable Hall of Fame in 2015. He earned a Bachelor of Arts from Midwestern State University, and a Master of Arts and a Doctorate in Clinical Psychology from the University of North Texas, which was followed by a year of post-doctoral training in Forensic Psychology at The Wilmington Institute.

An avid tennis player, golfer and scuba diver, Dr. Phil lives in Los Angeles with his wife of 39 years, Robin. The couple is devoted to their family, which includes sons Jay and Jordan, Jay's wife, Erica, and their children Avery Elizabeth and London Phillip.