Who Gets Diabetes?

Millions of Americans have been diagnosed with type 2 diabetes. Many others have it and don't know it. Characterized by high blood sugar levels, diabetes comes in two forms: Type 1 and Type 2. Originally termed "juvenile diabetes," Type 1 diabetes is the inability of the body to make enough insulin. In Type 2 diabetes, the body either doesn't make enough insulin or the cells don't use the insulin that is made. Insulin is needed to move sugar from the bloodstream to the cells. Without insulin, the sugar stays in the bloodstream and the cells throughout your body starve. Diabetes can lead to kidney failure, heart problems, blindness and many other health problems if it is not controlled.

By managing this condition with the right care, treatment and lifestyle changes, a patient diagnosed with diabetes can continue to live a happy, healthy life.

Have you ever been told that you have diabetes, have "sugar" or have "sugar diabetes?" Have you ever taken medications for diabetes or high blood sugar, such as insulin? Have you ever been told you have borderline diabetes, or elevated blood sugar?

Do you have any of the following symptoms:

- Frequent or constant urination
- Unexplained or rapid weight loss
- Irritability
- Unusual hunger or thirst
- Easily fatigued
- Blurry vision

If you answered yes to any of these questions, or if you suspect you might have diabetes, call your doctor for an appointment.

How Can Your Health Plan Help?

Athem Blue Cross and Blue Shield have a program specifically designed for our members with diabetes. Our program can even include assistance from a **health coach** – a registered nurse who can help you manage this condition and try to answer your questions. These professionals can also offer support and make suggestions that could help you pursue your lifestyle changes and improve your health. Of course, remember that your most important medical resource is your doctor.

Call us today at 877-236-7486 for more information.

Good health is your most valuable asset – make the most of it.

Anthem ®