

# Diabetes

What you should know and do



Many Americans with diabetes have not yet been diagnosed and are not aware of the health risks.<sup>1</sup> We are here to support and empower you to be your healthiest self. Diabetes is a condition where the body can't make insulin, or does not use it well. Insulin is a hormone that helps our bodies use the energy from the glucose in the food we eat. Without it, glucose levels in the blood stream can become too high.

Over time, this can cause damage to body tissue and organs.<sup>1</sup> There are three main types of diabetes.<sup>1</sup>

- **Type 1 diabetes** can affect anyone, but most often it develops in children or young adults. People with this type of diabetes produce very little insulin, or none at all. There is no way to prevent or cure type 1 diabetes.
- **Type 2 diabetes** is the most common type. People with type 2 diabetes either make too little insulin, or their bodies aren't able to use it as they should.
- **Gestational diabetes (GDM)** is a form of diabetes that appears during pregnancy. While GDM usually goes away after pregnancy, it can put women and their babies at higher risk for type 2 diabetes.

## Prediabetes risk factors for type 2 diabetes

If you have prediabetes, it means your blood glucose (sugar) levels are higher than normal — but not high enough to be diagnosed as diabetes.<sup>2</sup>

While it is not clear why some people develop prediabetes and type 2 diabetes, and others don't, these risk factors can increase the risk of prediabetes, including:<sup>2</sup>

- Being overweight or inactive.
- Being 45 or older.
- Having a family history of type 2 diabetes.
- Having had diabetes during pregnancy.
- Being Black, Alaska Native, American Indian, Asian American, Hispanic, or Pacific Islander American.

## We can help you find a doctor

Having regular appointments with your doctor is the best way to know about any health concerns. It can help you prevent, diagnose, or manage type 2 diabetes. To find a doctor, please visit [anthem.com](https://www.anthem.com) or call us at the number on the back of your member ID card.

## Symptoms of diabetes

If you have any of the following diabetes symptoms, see your doctor about having your blood sugar tested:<sup>3</sup>

- Urinate a lot, often at night.
- Are very thirsty.
- Lose weight without trying.
- Are very hungry.
- Have blurry vision.
- Have numb or tingling hands or feet.
- Feel very tired.
- Have very dry skin.
- Have sores that heal slowly.
- Have more infections than usual.

## Preventing type 2 diabetes

Type 2 diabetes is a serious, chronic health condition that can lead to other serious health issues such as heart disease, stroke, blindness, and kidney failure. If you can prevent or even delay type 2 diabetes, you can lower your risk for all those other conditions.<sup>4</sup>

You can usually prevent or delay type 2 diabetes with achievable lifestyle changes:<sup>4,5,6</sup>

- Exercise regularly.
- Maintain a healthy weight.
- Eat a healthy diet.
- Quit smoking.

Making lifestyle changes can take time. We are here to support you making living healthy a habit.



## Local support and resources

If you are dealing with diabetes, please visit the American Diabetes Association website at [diabetes.org](https://diabetes.org). You can find out what is available in your community, such as a local support group that can help you learn useful tips.



1 Centers for Disease Control and Prevention: *About Diabetes* (rev. June 11, 2020): [cdc.gov/diabetes/basics/diabetes.html](https://cdc.gov/diabetes/basics/diabetes.html).

2 Centers for Disease Control and Prevention: *Diabetes Risk Factors* (rev. March 24, 2020): [cdc.gov/diabetes/basics/risk-factors.html](https://cdc.gov/diabetes/basics/risk-factors.html).

3 Centers for Disease Control and Prevention: *Diabetes Symptoms* (rev. March 24, 2020): [cdc.gov/diabetes/basics/symptoms.html](https://cdc.gov/diabetes/basics/symptoms.html).

4 Centers for Disease Control and Prevention: *Lifestyle Change Program Details* (rev. May 20, 2020): [cdc.gov/diabetes/prevention/lcp-details.html](https://cdc.gov/diabetes/prevention/lcp-details.html).

5 Centers for Disease Control and Prevention: *Tips From Former Smokers: Smoking and Diabetes* (rev. March 23, 2020): [cdc.gov/tobacco/campaign/tips/diseases/diabetes.html](https://cdc.gov/tobacco/campaign/tips/diseases/diabetes.html).

6 International Diabetes Federation website: *Diabetes prevention* (rev. August 7, 2019): [idf.org](https://idf.org).

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](https://anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.