

Learning to Control Diabetes

Many people who have diabetes don't know it. Are you one of them? Take the diabetes test to learn more.

Could you have diabetes?¹

Test yourself. See if you are at risk. If you have one or more of these high-risk factors, see your doctor right away.

- I am older than 45.
- I am overweight.
- I have a parent or sibling with diabetes.
- I had diabetes during pregnancy, or I had a baby who weighed more than nine pounds at birth.
- I am African American, Hispanic or Latino, Asian American, Pacific Islander or American Indian.
- I do not exercise.
- I have high blood pressure.
- I have high cholesterol.

What is diabetes?²

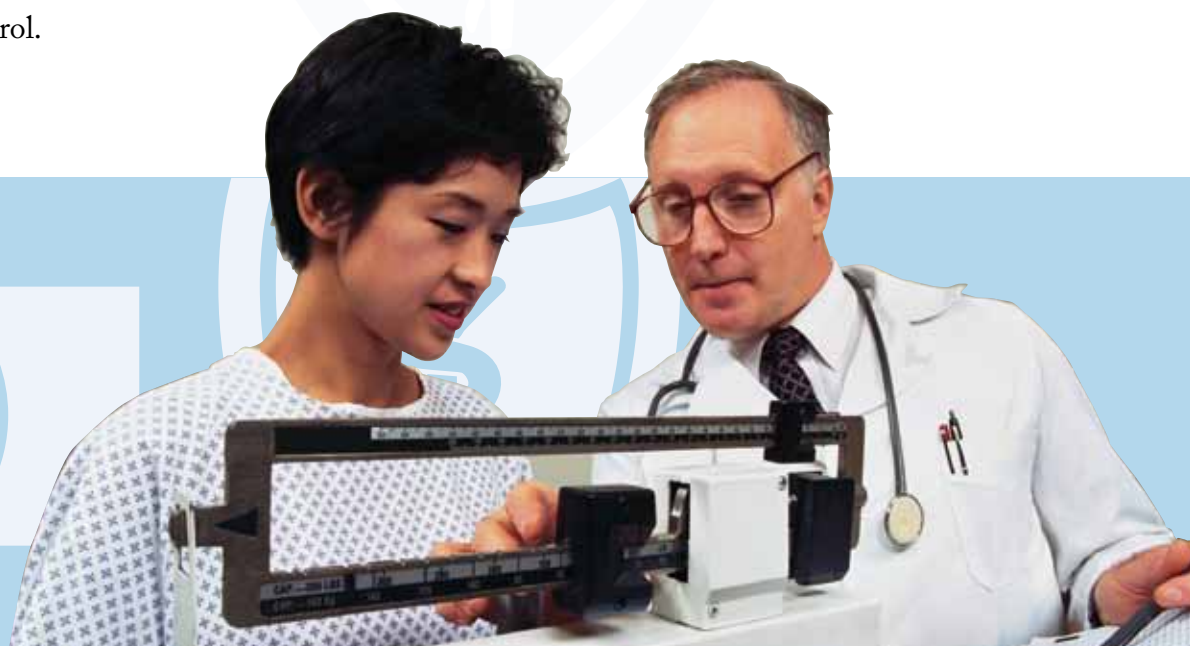
When you have diabetes, your body does not make or properly use insulin. Insulin is needed to change sugar and other foods into energy.

Diabetes is a serious disease. Untreated diabetes can lead to:

- Heart disease
- Kidney disease
- Blindness
- Nerve damage
- The loss of a foot or leg

What are the warning signs?³

People with diabetes may show symptoms of excessive thirst, urination or hunger. They could feel very tired or lose weight for no reason. They may feel tingling or numbness in their hands and feet. If you have one or more of these warning signs, see a doctor right away.



What you can do.⁴

If you think you may have diabetes, your doctor will give you a simple blood or urine test to find out. You can:

- Work with your doctor to create a plan for good health. You can take steps to prevent diabetes or control it and lower your risk of health problems.
- Eat right, keep a healthy weight and get regular exercise.

Diabetes can be prevented or controlled.

Take control of your health. Know your risks and watch for the warning signs of diabetes. See your doctor right away to prevent, diagnose or control diabetes. For more facts, talk to your doctor or nurse.

You also can call the American Diabetes Association at **1-800 DIABETES (1-800-342-2383)** or visit **www.diabetes.org**.

BlueChoice HealthPlan Medicaid

Customer Care Center: **1-866-781-5094**

TTY line: **1-866-773-9634**

MedCall®: **1-866-577-9710**

TTY line: **1-800-368-4424**

www.bluechoicescmedicaid.com

TTY lines are only for members with hearing and speech loss.



Sources:^{1,3}National Diabetes Education Program, *Lower Your Risk for Type 2 Diabetes* (Accessed August 2009): <http://ndep.nih.gov/teens/LowerYourRisk.aspx>

^{2,4}National Institute of Diabetes and Digestive and Kidney Diseases, *Diabetes Overview* (Accessed August 2009): <http://diabetes.niddk.nih.gov/DM/PUBS/OVERVIEW/INDEX.HTM>

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