

MedBen

WellCare

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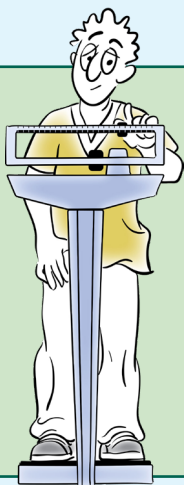
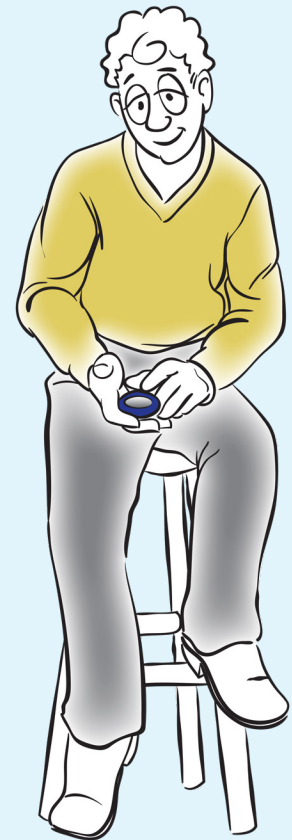
Detecting and Managing Diabetes

Over 34.2 million Americans suffer from diabetes, the body's inability to make insulin or use it properly... 7.3 million of whom are unaware. Knowing symptoms and prevention techniques of the chronic condition is key in managing the effects both physically and financially.

There are two types of diabetes. Type 1 diabetes has no known prevention. Type 2 is typically linked to obesity, family history of diabetes, or gestational diabetes while pregnant. Most type 2 diabetics, which represent 95% of the diabetes diagnosis in the U.S., can control their diabetes with diet, exercise, and other lifestyle changes. Others may require oral medications or insulin injections.

Early symptoms of diabetes include frequent urination and increased thirst and hunger. Diabetics may also experience blurred vision, tiredness, and tingling of the hands or feet. As with caring for other chronic conditions, it is essential that you monitor the status, including regular visits to see your family physician. In doing so, your physician can detect early onset of the condition and help guide you through a prevention or management plan.

In addition to your family physician, your MedBen WellLiving program may offer specialty care for diabetes, in which registered nurses offer individualized and confidential disease monitoring on a scheduled basis.



Knowing the Numbers of Diabetes

Staying proactive helps to manage diabetes – here's some numbers you should know.

- The higher your Body Mass Index (BMI), the more increased risk of developing type 2 diabetes. **Your BMI should be below 25.**
- Diabetics are more likely to develop heart disease. **A healthy blood pressure is below 120/80.**
- An A1C test is used to both diagnose diabetes and to monitor the effectiveness of your current treatment plan. **A normal A1C is below 5.7.**
- Generally, **Type 2 diabetes occurs most frequently after age 45.**
- If you've been diagnosed with diabetes and want to utilize nurse coaching services, call MedBen Customer Service at **800-686-8425**. If your plan offers this benefit, we can provide you with information to connect you with a nurse.

SOURCES: American Diabetes Association, Medical News Today

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