

Living with diabetes

If you're living with diabetes, you're not alone. We want you to know you can take control. We know you want to have more energy, lower your risk of complications and improve your quality of life. Whatever your goals, making small changes can help you achieve them.

Diabetes is a disease. It occurs when the body does not make or use insulin properly. Insulin is a hormone that changes glucose, starches and other foods into energy needed for daily life. Blood glucose is another term for blood sugar.

Things to know:

- Insulin changes sugar into energy
- Blood glucose = blood sugar

The exact cause of diabetes is unknown. However, studies show that both family history and lifestyle contribute. Diabetes can occur in people of all ages and races. There is more than one type of diabetes. Diabetes can affect your body from head to toe. That is why it is so important to learn how to manage your diabetes.

The Disease Management Centralized Care Unit has a care management program. If you have diabetes, a case manager can work with you by phone to help you set goals and create a care plan. You'll learn to take small steps toward better health and to get past the things that may be getting in your way. Your case manager can help you:

- Set up a doctor's appointment.
- Identify health goals and create a care plan.
- Obtain and use a glucometer.
- Find information about diabetes education programs in your area.
- Arrange for transportation or other special needs.
- Learn about diabetes.

Sources:

* American Diabetes Association
www.diabetes.org

* Diabetes Health www.diabeteshealth.com/

* American Heart Association Diabetes Subpage

http://www.heart.org/HEARTORG/Conditions/Diabetes/Diabetes_UCM_001091_SubHomePage.jsp, accessed November 8, 2013.

*Healthfinder.gov

Use Medicines Safely

<http://www.healthfinder.gov/HealthTopics/Category/everyday-healthy-living/safety/use-medicines-safely>, accessed November 8, 2013.

anthem.com/ca

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We can translate this at no cost. Call the customer service number on your member ID card.	English
Podemos traducir esto gratuitamente. Llame al número de servicio de atención al cliente que aparece en su tarjeta de identificación (ID Card).	Spanish
يمكننا ترجمة هذا بدون أي تكلفة. اتصل برقم خدمة العملاء الموجود على بطاقة عضويتك ID.	Arabic
Մենք կարող ենք այս անվճար թարգմանել: Կարող եք հեռախոսել Յանթեմի Սպասարկման Բաժնին, որի թիվը կը մտնուեք ձեր ինքնության քարտի (ID) վրա:	Armenian
我們可以免費為您提供翻譯版本。請撥打您ID卡上所列的電話號碼洽詢客戶服務中心。	Chinese
ما می توانیم این را به رایگان برایتان ترجمه کنیم. به شماره خدمات مراجعین ما که پشت کارت شناسایی تان (ID) درج شده تلفن برزید.	Farsi
Peb txhais tau qhov no pub dawb. Hu mus rau qhov chaw pab neeg tus naj npawb xov tooj nyob rau ntawm koj daim ID ua mej zeej.	Hmong
យើងអាចយកផ្តល់ជូនដោយឥតគិតថ្លៃផ្លូវ ។ សូមទូរស័ព្ទទៅផ្នែកសេវាអតិថិជន តាមលេខមាននៅលើកាត ID របស់អ្នក ។	Khmer
저희는 이것을 무료로 번역해 드릴 수 있습니다. 가입자 ID 카드에 있는 고객 서비스부 번호로 연락하십시오.	Korean
Мы можем перевести это бесплатно. Позвоните в отдел обслуживания участников плана по номеру, указанному в вашей карточке участника плана (ID Card).	Russian
Maaari namin itong isalin-wika nang walang bayad. Paki tawagan ang numero ng customer service sa inyong ID card na pang miyembro.	Tagalog
Xin gọi Văn phòng Dịch vụ Hội viên qua số điện thoại ghi trên thẻ ID (thẻ hội viên) của quý vị.	Vietnamese