

Living with diabetes

If you're living with diabetes, you're not alone. Anthem Blue Cross and Blue Shield Healthcare Solutions wants 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, make small changes to help achieve them.

Diabetes is a disease. It occurs when the body develops high blood glucose because it does not make or use insulin properly. Insulin is a hormone that changes glucose 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

There are several types of diabetes. Studies show family history and ways of life contribute. The exact cause of diabetes is unknown. However, 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.

We have a care management program. If you have diabetes, a case manager can work with you by phone. They will help you set goals and create a care plan. You will learn to take small steps toward better health. 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/

Do you need help with your health care, talking with us or reading what we send you? We provide our materials in other languages and formats at no cost to you. Call us toll free at 1-844-396-2329 (TTY 711).

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos sin costo alguno para usted. Llámenos a la línea gratuita al 1-844-396-2329 (TTY 711).

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