

Diabetes

Facts and tips that may help you stay healthy.

What is diabetes?

The pancreas makes a chemical, insulin, that helps bodies process sugar. Diabetes is a health condition that causes bodies to make less insulin or not use it well, which increases your blood sugar levels. If not managed, diabetes can lead to nerve damage, kidney disease, vision problems, heart disease or stroke. Early symptoms of diabetes can include thirst, fatigue, weight loss, frequent urination and blurred vision.¹



Did you know?

- ✓ 9.3% of the U.S. population has diabetes.¹
- ✓ 28% of people with diabetes don't know they have the condition.¹

Lifestyle tips to prevent or control diabetes¹



Maintain a healthy weight

Blood glucose levels can improve with weight loss.



Avoid tobacco

Smoking increases your risk of heart attack, stroke or cancer.



Stay active

Move your body for at least 30 minutes each day.



Medication

Medications can help the body make more insulin or help insulin do its job.



Eat healthy

Eat well balanced meals. Avoid foods high in fat, calories and salt.

**LET'S
TALK.**

Talk to your doctor today to create a plan to help you best manage your diabetes.

Renew
by UnitedHealthcare®

More on back →

Get Screened

If you have diabetes, routine screenings can help you manage your condition and avoid possible complications associated with diabetes.



A1C test

An A1C test is done to see if someone has diabetes or if their current diabetes treatment is working. This blood test finds your average blood sugar levels over a 2–3 month span to give a broader picture of your condition.



Foot check

Nerve damage is a common condition associated with diabetes. To preserve the health of your feet, have your doctor check for signs of nerve damage at every visit.



Eye exam

Diabetes is a leading cause of blindness among American adults. Diabetes related eye problems often show no symptoms, so it's important to have your eyes checked every 1–2 years.



Urine test

Diabetes can also cause kidney disease. A urine test can detect early signs of kidney disease and allow you to take early action.



To learn more ways to manage your diabetes, we encourage you to check out our interactive online course, “Living Well with Diabetes,” at uhcrenew.com/diabetes.

**LET'S
TALK.**

Talk to your doctor today about ways to help stay healthy.

¹ Center for Disease Control, 2014 Diabetes Fact Sheet.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.