

Diabetes: Are you at risk?



Having diabetes means there's too much glucose, or sugar, in your blood. Many of the risk factors for diabetes may be controlled by a healthy lifestyle—things like changing to healthy eating, losing weight and exercising. If you know your risks, you can make changes that help prevent diabetes.

Humana Healthy Horizons® in South Carolina provides health coaching to give our members extra support to reach their health goals. To learn more, call our care management team at **866-432-0001 (TTY: 711)**.

What is diabetes?

Diabetes is a condition in which blood glucose levels are too high because of the body's inability to make enough insulin or use insulin properly.

There are two key players:

- Glucose (sugar) is fuel for the body's cells
- Insulin takes glucose from the blood to the cells

In people with diabetes, the body makes little to no insulin, and/or the body prevents the cells from using the insulin it makes (insulin resistance). As a result, glucose cannot get into the cells, so it stays in the blood, causing high blood glucose (hyperglycemia).¹

Types of diabetes:²

Type 1 diabetes

The pancreas does not produce insulin, which causes a buildup of glucose in your bloodstream.

Type 2 diabetes

The pancreas still makes insulin, but the insulin doesn't do its job as it should. Glucose just hangs around and builds up in the blood. Initially, the pancreas makes even more insulin to get glucose to go into the cells, but eventually the pancreas gets worn out from working so hard and doesn't produce as much insulin.

Prediabetes

Prediabetes is when a person's blood sugar level is higher than normal, but not high enough to constitute a diabetes diagnosis. This puts a person at a greater risk of developing type 2 diabetes in the future.

Diabetes warning signs:²

Talk to your doctor or healthcare provider if you experience any of the following:

- Frequent urination
- Being unusually thirsty or hungry
- Being unusually tired or fatigued
- Feeling grumpy regularly
- Blurry vision
- Cuts and bruises that are slow to heal
- Tingling, pain or numbness in the hands and/or feet
- Unexplained weight changes

How is diabetes diagnosed?

There are several types of tests used to screen for diabetes:

Fasting plasma glucose test

This test measures your blood glucose level at a single point in time. It's usually done in the morning, after fasting for at least 8 hours.

A1c test

This test provides your average levels of blood glucose over the past 3 months. The results are reported as a percentage. The higher the percentage, the higher your average blood glucose levels.

Oral glucose tolerance test

This 2-hour test measures your blood glucose levels before and 2 hours after drinking a special drink. It tells your healthcare provider how well your body processes glucose.

*All product names, logos, brands and trademarks are property of their respective owners, and any use does not imply endorsement.

Sources:

1. "Diabetes Basics," Centers for Disease Control and Prevention, last accessed June 25, 2024, www.cdc.gov/diabetes/about.
2. "About Diabetes: Understanding Type 1 Diabetes," American Diabetes Association, last accessed June 25, 2024, diabetes.org/about-diabetes/type-1.
3. "Diabetes Tests & Diagnosis," National Institute for Diabetes and Digestive and Kidney Diseases, last accessed Oct. 30, 2023, www.niddk.nih.gov/health-information/diabetes/overview/tests-diagnosis.

Random plasma glucose test

This test checks your blood glucose level at any time of day. It is most often used when a person has severe diabetes symptoms.³

Questions for my doctor:

Should I get a diabetes screening test?

What different tests are available?

What are the pros and cons of each test?

What can I do to lower my risk for diabetes?

What are the symptoms of diabetes?

If I am diagnosed with diabetes, what are my treatment options?

Are you at risk?

Sign in to the **MyHumana** app and complete your Health Risk Assessment (HRA). If you don't have a **MyHumana** account, **activate it today on our website** or download the app on the **Apple App Store**[®] or on **Google Play**^{®*}. On **MyHumana**, easily access claims, drug prices, in-network doctors, and more.

Schedule your screening today

If you think you're at risk for diabetes, talk to your healthcare provider about being screened as soon as possible. It's important to get the treatment you need to prevent or delay complications.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **866-432-0001 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618.
If you need help filing a grievance, call **866-432-0001** or if you use a TTY, call **711**.
- You can also file a civil rights complaint with the
South Carolina Department of Health and Human Services, Civil Rights Division
1801 Main Street, P.O. Box 8206, Columbia, South Carolina 29202,
888-808-4238, TTY: 888-842-3620, civilrights@scdhhs.gov. Complaint form is available at https://www.scdhhs.gov/sites/default/files/SCDHHS%20Civil%20Rights%20Discrimination%20Complaint_0.pdf.
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019, 800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/sites/default/files/ocr-cr-complaint-form-package.pdf>.

Auxiliary aids and services, free of charge, are available to you.
866-432-0001 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Humana Healthy Horizons in South Carolina is a Medicaid product of Humana Benefit Plan of South Carolina, Inc.

Language assistance services, free of charge, are available to you.
866-432-0001 (TTY: 711)

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

ગુજરાતી (Gujarati): મફત ભાષા સહાય સેવાઓ મેળવવા માટે ઉપર આપેલા નંબર પર કોલ કરો.

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

Українська (Ukrainian): Зателефонуйте за вказаним вище номером для отримання безкоштовної мовної підтримки.

हिंदी (Hindi): भाषा सहायता सेवाएं मुफ्त में प्राप्त करने के लिए ऊपर के नंबर पर कॉल करें।

ខ្មែរ (Cambodian): ហៅមកលេខទូរស័ព្ទខាងលើ ដើម្បីទទួលបានសេវាកម្មបកប្រែភាសាដោយមិនអស់ប្រាក់ ។