



# Diabetes

from the American Diabetes Association

## 29.1 million Americans, or about 1 in 11 people, have diabetes.

Type 1 and type 2 diabetes involve how your body produces or uses insulin.

You can work with your doctor to control your diabetes.

Stay in control: Check your blood sugar, eat right and stick to your care plan.

**For more information:**

Visit <https://diabetes.org/>  
or scan the QR code



Humana Healthy Horizons in Indiana is a Medicaid Product of Arcadian Health Plan, Inc.

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