

Diabetes



Living Well with Diabetes

If you have diabetes, you're not alone. More than 100 million U. S. adults are living with diabetes or prediabetes, according to the Centers for Disease Control and Prevention (CDC).

Diabetes

According to the CDC:

- As of 2019, 34 million Americans have diabetes¹
- As of 2020, 88 million Americans have prediabetes²

Diabetes is a serious condition. It can lead to big health problems when it isn't well managed. But when you take charge, you can help yourself live a much healthier life.

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Diabetes complications

The buildup of glucose in your blood can cause diabetes-related complications, and:

- Cause plaque (fatty material) to narrow your blood vessels
- Damage the lining of your blood vessels
- Keep blood from freely moving through your blood vessels
- Slow blood flow to vital tissues and organs

To reduce your risk of these diabetes-related complications, your doctor should, at least once a year, perform (and/or give you a):

- Cholesterol profile test, to measure cholesterol (e.g., total cholesterol, high-density lipoprotein, and low-density lipoprotein) and triglycerides in your blood
- Dental exam, every 6 to 12 months
- Flu shot

- HbA1c test, to measure your blood sugar over a 3-month period
 - Kidney (blood) test, to check your glomerular filtration rate, which tells how well your kidneys filter
 - Kidney (urine) test, to check for a protein called albumin, which can help detect kidney disease or nephropathy
 - Pneumonia shot, if suggested by your healthcare provider
 - Retinal or dilated eye exam, to help find glaucoma, cataracts, diabetic retinopathy, and other eye conditions
- If you have diabetes, you should:
- Ask questions about your treatment plan
 - Avoid or quit smoking³
 - Check, monitor, and record your blood sugar levels at home
 - Eat a healthy diet that includes nonstarchy vegetables and lean protein, AND fewer added sugars, refined carbohydrates, and processed foods⁴
 - Get the right amount of sleep⁵
 - Limit salt and alcohol intake⁶
 - Manage stress
 - Reach and/or keep a healthy body weight⁷
 - See your healthcare provider, who will check your blood pressure, weight, and feet
 - Share your blood sugar level records with your healthcare provider
 - Stay active⁸
 - Take medications (such as an oral medication or insulin) as prescribed

Sources

1. "Type 2 Diabetes," Centers for Disease Control and Prevention, last accessed July 14, 2021, <https://www.cdc.gov/diabetes/basics/type2.html>.
2. "Prediabetes—You Chance to Prevent Type 2 Diabetes," Centers for Disease Control and Prevention, last accessed July 14, 2021, <https://www.cdc.gov/diabetes/basics/prediabetes.html>.
3. "Smoking and Diabetes," Centers for Disease Control and Prevention, last accessed July 14, 2021, <https://www.cdc.gov/diabetes/library/features/smoking-and-diabetes.html>.
4. "Diabetes Meal Planning," Centers for Disease Control and Prevention, last accessed July 14, 2021, <https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html>.
5. "Sleep for a Good Cause," Centers for Disease Control and Prevention, last accessed July 14, 2021, <https://www.cdc.gov/diabetes/library/features/diabetes-sleep.html>.

6. “Diabetes and Your Heart,” Centers for Disease Control and Prevention, last accessed July 14, 2021, <https://www.cdc.gov/diabetes/library/features/diabetes-and-heart.html>.
7. “Healthy Weight,” Centers for Disease Control and Prevention, last accessed July 14, 2021, <https://www.cdc.gov/diabetes/managing/healthy-weight.html>.
8. “Get Active!” Centers for Disease Control and Prevention, last accessed July 14, 2021, <https://www.cdc.gov/diabetes/managing/active.html>.

Further reading

“Diabetes Management: How Lifestyle, Daily Routine Affect Blood Sugar,” Mayo Clinic, last accessed June 29, 2020, <http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-management/ART-20047963>.

“4 Steps to Manage Your Diabetes Life,” National Institute of Diabetes and Digestive and Kidney Diseases, last accessed June 29, 2020, <http://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes/4-steps>.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **800-480-1825 (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 **800-480-1825** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.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/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **800-480-1825 (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 is a Medicaid Product offered by affiliates of Humana Inc.

Language assistance services, free of charge, are available to you.
800-480-1825 (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.

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.

Kreyòl Ayisyen (French Creole): Rele nimewo ki endike anwo a pou resevwa sèvis éd gratis nan lang.

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

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

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

Italiano (Italian): Chiamare il numero sopra indicato per ricevere servizi di assistenza linguistica gratuiti.

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

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。

Diné Bizaad (Navajo): Wódahí béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jik'eh saad bee áká'ánída'áwo'déé níká'adoowot.

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