

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 CDC¹, as of 2015:

- 30.4 million Americans, 9.4 percent of the U.S. population, have diabetes, **and**
- 84.1 million have prediabetes

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.

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, HDL, and LDL) and triglycerides in your blood
- Dental exam, every six to 12 months
- Flu shot
- HbA1c test, to measure your blood sugar over a three-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 smoking²
- Check, monitor, and record your blood sugar levels at home
- Eat a healthy diet that includes fruit, vegetables, and whole grains, AND fewer animal products, refined carbohydrates, and sweets³
- Get the right amount of sleep³
- Limit salt and alcohol intake³
- Manage stress
- Reach and/or keep a healthy body weight
- See your healthcare provider, who will check your blood pressure, weight, and feet
- Share your blood sugar level records with your healthcare provider
- Stay active³
- Take medications (such as an oral medication or insulin) as prescribed

Further reading

Mayo Clinic.

www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-management/ART-20047963, opens new window. Accessed September 12, 2020.

National Institute of Diabetes and Digestive and Kidney Diseases.

www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes/4-steps, opens new window. Last accessed September 12, 2020.

1. “More than 100 million Americans have diabetes or prediabetes,” Centers for Disease Control and Prevention. <https://www.cdc.gov/media/releases/2017/p0718-diabetes-report.html>, opens new window. Last accessed September 12, 2020.
2. National Library of Medicine – Medline Plus. www.MedlinePlus.gov/ency/patientinstructions/000082.htm, opens new window. Last accessed September 12, 2020.
3. Centers for Disease Control and Prevention. www.cdc.gov/diabetes/managing/health.html, opens new window. Last accessed September 12, 2020.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **877-856-5702 (TTY: 711)**. We are available Monday through Friday, from 7 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 preferred 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.

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- 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 **877-856-5702** or if you use a TTY, call **711**.
You can also file a civil rights complaint with the:
 - **Ohio Department of Medicaid (ODM), Office of Civil Rights** by emailing ODM_EEO_EmployeeRelations@medicaid.ohio.gov, faxing **614-644-1434**, or mailing to P.O. Box 182709, Columbus, Ohio 43218-2709; or
 - **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. **877-856-5702 (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 Ohio is a Medicaid Product of Humana Health Plan of Ohio, Inc.

Language assistance services, free of charge, are available to you.
877-856-5702 (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.

नेपाली (Nepali): निःशुल्क भाषासम्बन्धी सहयोग सेवाहरू प्राप्त गर्नका लागि माथिको नम्बरमा फोन गर्नुहोस्।

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

Soomaali (Somali): Wac lambarka kore si aad u hesho adeegyada caawimaada luuqada oo bilaash ah.

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

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

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

Kiswahili (Swahili): Piga simu kwa nambari iliyo hapo juu ili upate huduma za usaidizi wa lugha bila malipo.

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

繁體中文 (Traditional 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。

Ikinyarwanda (Kinyarwanda): Hamagara numero iri haruguru uhabwe serivisi z'ubufasha bw'ururimi ku buntu.

简体中文 (Simplified Chinese): 您可以拨打上面的电话号码以获得免费的语言协助服务。

دري (Dari): برای دریافت خدمات رایگان کمک زبانی با شماره بالا تماس بگیرید.

پشتو (Pashto): د وړيا ژبې ملاتړ ترلاسه کولو لپاره پورته شميرې ته زنگ ووهئ.

አማርኛ (Amharic): ነፃ የቋንቋ ድጋፍ አገልግሎቶችን ለማግኘት ከላይ ባለው ስልክ ቁጥር ይደውሉ።

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