

HEALTH ENHANCEMENT PROGRAM (HEP)

DIABETES - DID YOU KNOW? CHRONIC CARE COMPLIANCE FORM



Please read the information below and complete the form to be compliant.

Type 2 diabetes happens when your body can't use insulin the right way or when the pancreas can't make enough insulin. Insulin is a hormone that helps the body's cells use sugar (glucose) for energy. It also helps the body store extra sugar in muscle, fat, and liver cells. Without insulin, this sugar can't get into your cells to do its work. It stays in your blood instead. Your blood sugar level then gets too high.

Diabetes affects 8.3% of all Americans and 11.3% of adults age 20 and older. The Centers for Disease Control (CDC) estimates that as many as 1 in 3 U.S. adults could have diabetes by 2050 if current trends continue. 27% of people with diabetes – 7 million Americans – do not know they have the disease.

Ask your doctor about an A1C blood test and know the results. The A1C test gives you a picture of your average blood glucose (blood sugar) control for the past 2 to 3 months. The American Diabetes Association suggests an A1C of 7% or below.

The most common symptoms of high blood sugar include:

- Feeling very thirsty.
- Feeling very hungry.
- Urinating more often than usual.
- Having blurred vision.

If you're taking insulin or oral diabetes medicine, you can also have problems with low blood sugar. These symptoms include:

- Sweating.
- Feeling weak.
- Feeling Shaky.
- Feeling very hungry.

Having diabetes makes you at high risk for eye problems known as retinopathy, which is damage to the tiny blood vessels in your eyes. It is important to have a yearly eye exam for early detection. If found and treated early, you can avoid blindness.

Having diabetes makes you at high risk for foot problems known as neuropathy, which is numbness and tingling in your feet.

Diabetes is the leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the United States.

Diabetes is a major cause of heart disease and stroke. Diabetes is the seventh leading cause of death in the United States.

Diabetes can lead to serious complications and premature death, but you can take steps to control the disease and lower the risk of complications, such as:

- Talk to your health care provider about how to manage your blood glucose (sugar), blood pressure and cholesterol.
- Learn about what foods and drinks belong in a healthy diet including limiting carbohydrate intake and knowing proper portion sizes.
- Be physically active for 30 – 60 minutes on most days of the week.
- Stay at a healthy weight.
- Check your blood glucose and take medicines the way your doctor tells you to.
- Get routine care. See your health care team at least twice a year to find and treat problems.

The CDC recommends an annual flu shot for anyone with diabetes

Sources: CDC Factsheet, CDC Stats, Healthwise Inc.

Name _____

Email Address _____

EID or Date of Birth _____

Day Time Phone Number _____

Relationship (circle one) - employee spouse dependent

Signature _____

Date _____

By signing, I attest that I have read the fact sheet

Return to CMS representative or fax: 877-687-1449

To learn more go to **CTHEP.com** or call **1-877-687-1448**