

HEALTH ENHANCEMENT PROGRAM

CHRONIC CARE COMPLIANCE FORM

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



Diabetes - DID YOU KNOW?

What Is Diabetes?

People with diabetes either don't make enough insulin (Type 1 diabetes) or can't use insulin properly (Type 2 diabetes). Insulin allows blood sugar (glucose) to enter cells, where it can be used for energy. When the body doesn't have enough insulin or can't use it effectively, blood sugar builds up in the blood. High blood sugar levels can lead to heart disease, stroke, blindness, kidney failure, and amputation of toes, feet, or legs.

Who Gets It?

- More than 29 million US adults have diabetes, and 25% of them don't know it.
- About 86 million US adults—more than a third—have prediabetes, and 90% of them don't know it.
- People with prediabetes who take part in a structured lifestyle change program can cut their risk of developing Type 2 diabetes by as much as 58%.
- African Americans, Hispanics and Latinos, American Indians, Pacific Islanders, and some Asian Americans are at higher risk than whites for developing diabetes.

What Is the Impact of Diabetes?

Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes, and Type 1 diabetes accounts for about 5%. The health and economic costs for both are enormous:

- Diabetes was the seventh leading cause of death in the United States in 2013 (and may be underreported).

- Diabetes is the leading cause of kidney failure, lower-limb amputations, and adult-onset blindness.
- More than 20% of health care spending is for people with diagnosed diabetes.

How Is Diabetes Treated?

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 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 sugar 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. This includes a blood test called an A1C which measures your blood sugar control.
- Get an eye exam and have your feet checked for problems at least annually
- The CDC recommends an annual flu shot for anyone with diabetes

Source: CDC Fact Sheet, ADA, American Diabetes Association

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