



# Keeping diabetes at bay

Take a closer look at these prevention tips



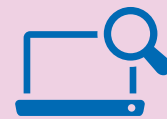
Diabetes is a condition where the body can't make insulin, or can't use it well. Insulin is a hormone that helps our bodies get energy from the glucose in the food we eat. Without it, glucose levels in the blood stream are too high. Over time, this can cause damage to your body tissue and organs.<sup>1</sup>

Type 2 diabetes is the most common type. People with this kind of diabetes make too little insulin, or their bodies aren't able to use it as they should.<sup>1</sup> The good news is that it can be prevented and controlled.

## Preventing type 2 diabetes<sup>2,3</sup>

- Exercise for 30 to 60 minutes every day.
- Get to or stay at a healthy body weight.
- Make sure you're getting enough rest every night.
- Eat more fruits and veggies, and pay attention to your portion sizes. Limit foods that are high in sugar, fat or sodium.
- Quit smoking.
- Keep an eye on your blood sugar, and if you're concerned about it, talk to your doctor about when and how often you should get tested for diabetes.

**Remember, during your next doctor's visit, talk about your risk factors and preventive tests for a little extra peace of mind.**



## Find local support and resources

If you're dealing with diabetes, visit the American Diabetes Association website at [diabetes.org](https://diabetes.org). Check out what's available in your community, like a local support group that can help you learn useful tips.



Sources:

1 International Diabetes Federation website: *About Diabetes* (accessed April 2018): [idf.org](https://idf.org).

2 Centers for Disease Control and Prevention website: *Tips From Former Smokers: Smoking and Diabetes* (accessed April 2018): [cdc.gov/tobacco/campaign/tips/diseases/diabetes](https://cdc.gov/tobacco/campaign/tips/diseases/diabetes).

3 International Diabetes Federation website: *Prevention* (accessed April 2018): [idf.org](https://idf.org).

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](https://anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies. WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.