

Quick tips

Diabetes

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high.¹ If not managed, diabetes can lead to nerve damage, kidney disease, vision problems, heart disease or stroke. Early symptoms of diabetes can include thirst, fatigue, weight loss, frequent urination and blurred vision.²

If you have diabetes, routine screenings may help you manage your condition and may help to avoid possible complications.

Hemoglobin A1C (HbA1c) test²

The A1C test is used to diagnose type 1 and type 2 diabetes, and monitor how well you're managing your diabetes.² This blood test shows your average blood sugar levels over 2-3 months.

Diabetic eye exam²

Diabetes is a leading cause of blindness among American adults. Diabetes-related eye problems often show no symptoms until the condition becomes advanced, so it's important to have your eyes checked every 1-2 years.

Blood and urine test to check kidney health²

Your kidneys act as a filter for your blood. Diabetes can damage your kidneys, so it's important to check your kidney health each year or as often as your provider recommends. Talk to your provider about completing a Urine Albumin-Creatinine Ratio (uACR) test and estimated Glomerular Filtration Rate (eGFR) test.

Finding and treating chronic kidney disease (CKD) early can stop or slow kidney damage and other health problems.



Did you know?

34.2M

U.S. adults have diabetes²

1 in 3

people with diabetes don't know they have the condition¹

Foot check²

Nerve damage is common for people with diabetes, typically affecting the feet. Ask your doctor to check for signs of nerve damage at every visit.

Lifestyle tips may help manage or control diabetes¹



Maintain a healthy weight

Blood glucose levels may improve with weight loss.



Avoid tobacco

Smoking increases your risk of heart attack, stroke or cancer.



Stay active

Move your body for at least 30 minutes each day.



Medication

Medications may help the body make more insulin or help insulin do its job.



Eat healthy

Eat well-balanced meals. Avoid foods high in fat, calories and salt.

¹Mayo Clinic, 2021.

²Center for Disease Control and Prevention, 2021.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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