

● NOVEMBER • DIABETES AWARENESS MONTH

Know your risk. Take control of your health.

Small daily changes can help prevent or delay type 2 diabetes. Early detection and ongoing care can help manage diabetes.

1 in 8 Americans has diabetes.

2 in 5 More than 2 in 5 U.S. adults have prediabetes, and most don't know it.

Small steps. Big impact.

1 Get screened

Ask your provider about an A1C or blood sugar test, especially if you are 35 or older or have risk factors.

2 Know the signs

Increased thirst, frequent urination, fatigue, blurred vision and slow-healing cuts can be warning signs.

3 Move more, eat well

Regular activity and balanced meals with fiber, lean protein and fewer sugary drinks help keep blood sugar in check.

4 Stay on track

Living with diabetes? Keep up with medications, eye and foot exams, and regular checkups.

Your health benefits are here to help.

TouchCare can help you navigate your benefits and take the next step toward the care you need.

- Find in-network doctors, endocrinologists and dietitians
- Understand coverage for medications, supplies and testing
- Get help scheduling screenings and coordinating care
- Get answers to questions about medical bills and claims

Make time for your health.

Your TouchCare Health Assistant is here to help.

866.486.8242 assist@touchcare.com



Get the app