

# You FIRST

*Your Month of Well-being*

November 2023

## Diabetes: Raise Awareness, Reduce Risk

November is American Diabetes Month. According to the CDC, approximately 37.3 million Americans have diabetes (with one in five unaware they are walking around with the disease) and 96 million ages 18 and over have prediabetes. With numbers this high, it's important to understand how we can be proactive with our health and daily habits to reduce the risk and ultimately prevent us from ever having to carry the burden of this chronic condition.

### Prediabetes

- [Prediabetes](#) is a serious health condition where **blood sugar levels are higher than normal**, but not yet high enough to be diagnosed as [type 2 diabetes](#).
- If you have prediabetes, this means the cells in your body **do not respond normally to insulin** (hormone made by the pancreas).
- Of those with prediabetes, **80%** don't know they have it.
- **Risk Factors** include being overweight, being 45 years or older, having a family member with type 2 diabetes, being physically active less than three times per week, and ever having gestational diabetes or polycystic ovary syndrome. Race and ethnicity are also factors.
- The prediabetes [risk test](#) and a simple [blood sugar test](#) can help identify if you have this condition. Talk to your doctor to see if you should be tested.

### Diabetes

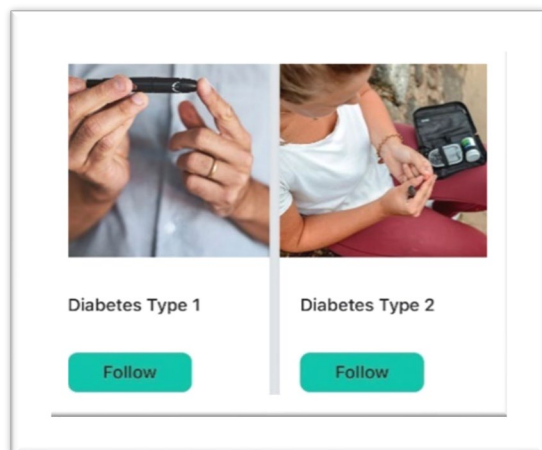
- Diabetes is a **chronic** (long-lasting) **health condition** that affects how your body turns food into energy. With diabetes, your body either can't make enough insulin or can't use it as well as it should. When this occurs, too much blood sugar stays in your bloodstream which overtime can cause serious health problems.
- There are three main types of diabetes: [type 1](#), [type 2](#), and [gestational diabetes](#) (diabetes while pregnant).
- Diabetes is the **number 1** cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last **20 years**, the number of adults diagnosed with diabetes has more than **doubled**.
- Scan the QR code to view symptoms for diabetes.



## The Numbers You Need to Know

Knowing the five numbers below can give you a more accurate picture of your health. At your next doctor's appointment, talk to your primary care provider (PCP) about keeping your numbers in target range.

Risk Factor	What Is It?
<a href="#">A1C</a>	Your average blood glucose levels for the past 2-3 months.
<a href="#">BMI</a> (Body Mass Index) & Waist Circumference	A calculation based on height, weight, and the measurement around your waist.
<a href="#">Blood Pressure</a>	The force of blood pumping through your arteries when your heart beats.
<a href="#">Cholesterol</a>	A waxy substance produced by the liver or from foods derived from animals.
<a href="#">Kidney Function</a>	Kidneys filter waste and fluid from the body. Albumin and creatinine are proteins that can pass into the urine when kidneys are damaged.



Looking for information on diabetes? Log in or sign up for [CareFirst WellBeing](#). Navigate to the *Discover* tab and click on *Health Topics* to get up to date information in your timeline for both type 1 and type 2 diabetes.

## CareFirst BlueCross BlueShield Member Resources

- **Noom:** The Noom app is designed to help you achieve and maintain a healthy weight, as well as help lower the risk for chronic conditions like diabetes through a personalized, psychology-based approach. Log in or sign up for [CareFirst WellBeing](#) to get started!
- **Eat Right Now:** This innovative program combines neuroscience and mindfulness to help you and your relationship with eating and make meaningful lifestyle changes that last. The program can help you lose 5-7% of your body weight and significantly reduce the risk of developing type 2 diabetes.
- **One-on-One Health Coaching:** If you've been diagnosed with diabetes, we encourage you to receive additional support to help improve your overall well-being by enrolling in disease management coaching. Log in or sign up for [CareFirst WellBeing](#). Once logged in, select *You*, followed by *Benefits*. Next, click *Health & Fitness* and then *Coaching*.

## Blue365 Featured Deal for November

One great way to **Achieve a Healthier You** is to take advantage of the Blue365 Health and Wellness discount program provided to CareFirst members (includes those with medical, dental, vision or disability coverage). **Save 25%** on InsideTracker's Ultra-Personalized Nutrition System. Turn your body's data into true knowledge, meaningful insights and customized action plans of science-backed, nutrition, fitness and lifestyle recommendations. Click [here](#) to learn more!