

Diabetes Management

30.3 million people in the US have diabetes. That's about **1 out of every 10 people.**



30.3
MILLION

There are different stages and types of diabetes, risk factors and complications:

EARLY STAGE DIABETES

1 out of 3 adults have early stage diabetes



15-30% of people with early stage diabetes will get **TYPE 2** diabetes within **5 YEARS** if preventive measures are not taken

DIABETES RISK FACTORS

- ⚠️ FAMILY HISTORY
- ⚠️ LACK OF EXERCISE
- ⚠️ UNHEALTHY EATING
- ⚠️ OVERWEIGHT

COMPLICATIONS WITH DIABETES

- LOSS OF VISION
- KIDNEY FAILURE
- HEART DISEASE
- STROKE
- LOSS OF BLOOD FLOW TO THE TOES, FEET AND LEGS
- POSSIBLE AMPUTATION OF FEET OR LEGS

Your provider diagnosed you with diabetes. MeridianComplete (Medicare-Medicaid Plan) wants to help you stay healthy and manage your health. Here is what you can do to manage your health:

WHAT YOU CAN DO

YOU CAN PREVENT AND MANAGE DIABETES:

- Work with a health professional
- Lose weight
- Eat healthy
- Be more active

MANAGE YOUR DIABETES WITH THESE TESTS

- ✓ **HbA1c Test:** This blood sugar test shows how well your diabetes is being controlled
- ✓ **Diabetic Eye Exam:** This type of eye exam looks at the health of your eye, while a regular eye exam checks your vision
- ✓ **Nephropathy Test:** Diabetes can damage your kidneys. This test helps find kidney issues so you can get treated early

TAKE CONTROL OF YOUR HEALTH!

Call MeridianComplete at **1-855-850-1689** (TTY users should call **711**), **Monday - Sunday, 8 a.m. to 8 p.m.** for help scheduling an appointment to see your provider.

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).