

NOVEMBER

# DIABETES AWARENESS MONTH

**Learn more about the various types of diabetes and how to get support to manage it well if you are living with one of these conditions.**

## Facts about the 4 types of diabetes and how you can get support

### **Type 1 diabetes**

Type 1 is an autoimmune disease in which your body doesn't produce insulin for itself; therefore, people with Type 1 diabetes must take insulin every day to be able to live. It usually develops early in life and has been known previously as insulin-dependent or juvenile diabetes.

### **Type 2 diabetes**

Type 2 diabetes is caused when the body can't make enough insulin, and is most common in individuals over the age of 45. Risk factors for Type 2 diabetes include aging and being overweight or obese. Type 2 diabetes is preventable. Staying healthy through proper diet and 30 minutes of exercise on most days can drastically decrease your chance of getting Type 2 diabetes.

### **Gestational diabetes**

Gestational diabetes occurs only in women during pregnancy and goes away after the baby is born. However, women who have had gestational diabetes are more at risk for developing Type 2 diabetes after they give birth.

### **Pre-diabetes**

Pre-diabetes means you have a higher than normal blood sugar level, but it's not high enough to be considered Type 2 diabetes. Regular exercise, a healthy diet, and weight loss or control can go a long way to helping minimize the risk of pre-diabetes turning into Type 2 diabetes.

### **The Good Health Gateway® Diabetes Care Rewards Program supports its members with all types of diabetes.**

After enrolling, you get unlimited, free access to Certified Diabetes Educators (nurses, pharmacists, dietitians) who provide personalized support on easy ways to modify your lifestyle and health habits to help prevent the onset of diabetes or help you with any issues or questions you may have with managing your diabetes or overall health.

In addition, you earn \$0 copays on covered diabetes medications, meters, lancets, and test strips to help manage diabetes well.

**If you or a family member has pre-diabetes or any type of diabetes and are a MIIA/Blue Cross subscriber, join the Good Health Gateway® Diabetes Care Rewards Program for support in living well and successfully managing whichever type of diabetes you have.**



**Enroll Today!**

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MIIA.GoodHealthGateway.com

