

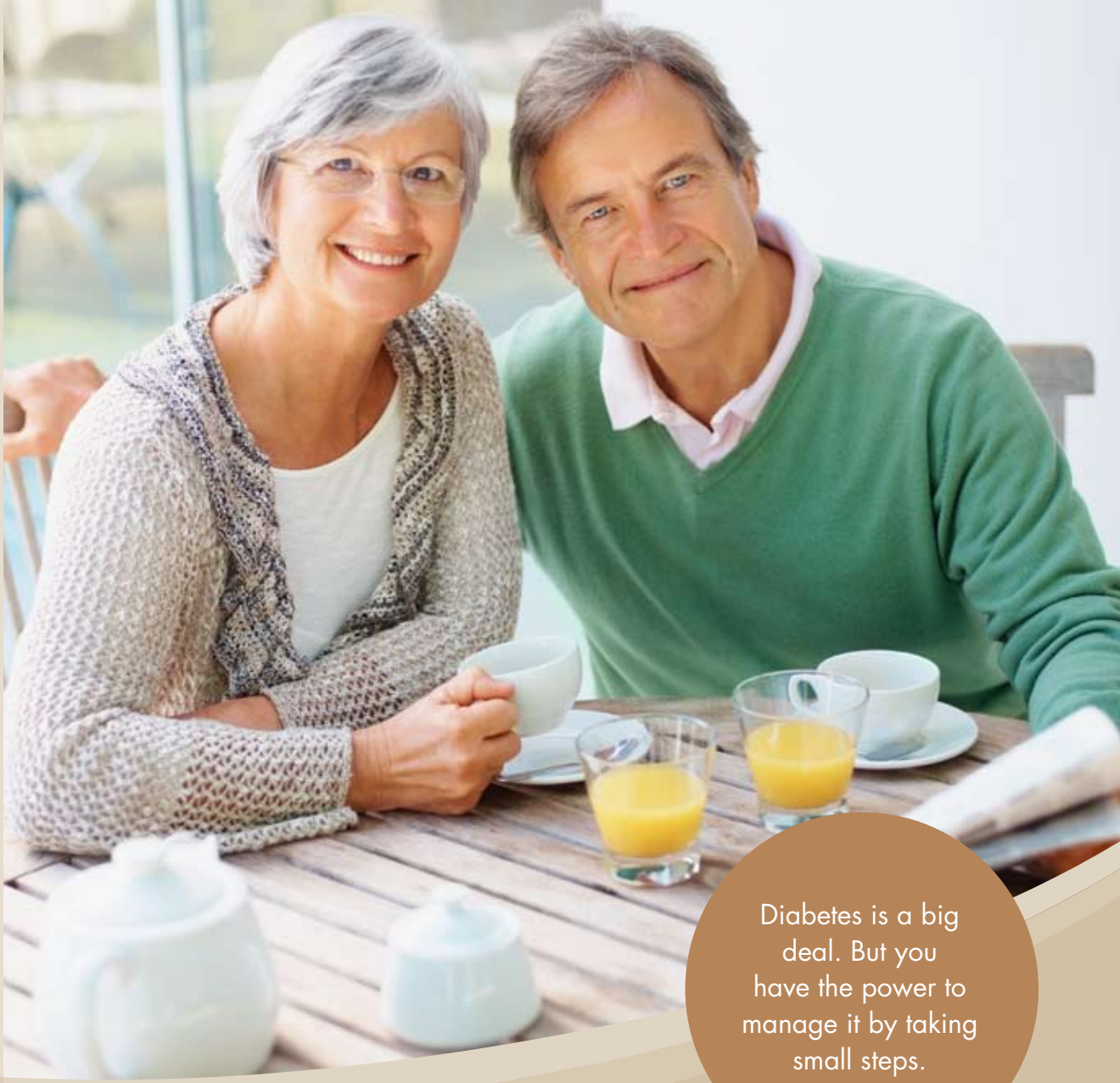
Deal with Diabetes

Almost 24 million people in the U.S. have diabetes, an illness in which blood sugar levels are above normal. In type 1 diabetes, the body does not make insulin, a hormone needed to turn sugar, starches and other foods into energy. In type 2, the most common form, either the body does not make the right amount of insulin or the cells ignore the insulin. If not controlled, both types can lead to serious health problems. Most people with type 2 are adults, but children who are too heavy may also be affected. Type 1 usually strikes children and young adults.

Take these small steps to help lower your chances of getting type 2:

- Find out from your doctor if you have prediabetes, a health problem that raises your chances of getting type 2.
- If you are too heavy, lose at least 5 to 10 percent of your weight.
- Make healthy food choices and follow a low-fat, reduced calorie plan.
- Stay active and get a 30-minute workout five days a week.

Sources: National Institutes of Health; Centers for Disease Control and Prevention



Diabetes is a big deal. But you have the power to manage it by taking small steps.



Get fit. Regular physical activity is the most overlooked and crucial treatment for controlling diabetes. Help yourself and your family get in shape by setting up a Get Fit plan on through the Personal Health Manager feature online in Blue Access for Members.

November 2011

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