



# Are you the type 2 diabetes type?



Type 2 diabetes is the most common form of diabetes. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use sugar.

**There are 20.8 million children and adults in the United States with diabetes—and more than one-third of them don't know it (about 6.2 million people).**

One way to guard against type 2 diabetes is to know your risk factors.

**You may be at risk if you:**

- Are overweight
- Don't get enough exercise
- Have a parent or sibling with diabetes
- Are 65 years of age and get little or no exercise
- Are a woman who has had a baby weighing more than nine pounds at birth

Source: American Diabetes Association

# November 2008

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 2      | 3      | 4       | 5         | 6        | 7      | 8        |
| 9      | 10     | 11      | 12        | 13       | 14     | 15       |
| 16     | 17     | 18      | 19        | 20       | 21     | 22       |
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| 30     |        |         |           |          |        |          |

Want to be the healthy type?

Regular exercise, good nutrition and weight control are a smart approach whether you've been diagnosed with type 2 diabetes or want to prevent it. Visit Blue Access® for Members and receive additional preventive or diabetes management tips from the Personal Health Manager's Ask A Nurse feature.