

There are essential things you can do to prevent complications and achieve healthier outcomes:

- Make and keep regular appointments with your doctor
- Have an annual eye examination (dilated retinal exam) by an eye care provider
- Ask your doctor about regular screenings for hemoglobin A1c (HbA1c), cholesterol and urine microalbumin
- Monitor your blood pressure and follow any treatment plans
- Examine your feet for cuts, cracks or reddened areas
- Take your shoes and socks off at each visit with your doctor
- Don't smoke

### AllOne Health program resources include:

- Educational materials
- Telephone monitoring by a Health Coach, who is a registered nurse
- Coordination with your doctor
- Access to individualized education on diabetes-related topics including:
  - Disease knowledge and symptom management
  - Meal planning
  - Exercise
  - Foot care
  - Medications

If you are interested in receiving educational materials about diabetes or would like to speak with a Diabetes Management Health Coach, please call **1.866.430.ALL1(2551)** or **(TTY) 1.877.720.7771**, weekdays, 8 a.m. to 8 p.m. EST, or visit [www.myallonehealth.com](http://www.myallonehealth.com).

HEALTH MANAGEMENT

# Diabetes

**AllOne Health is here to help you.**  
Find out how you can get started today!

Your health is important to us and we know your privacy is important to you! Rest assured that information shared on your Health Assessment or with your Health Coach is kept private and confidential. **We will not share your personal information with your employer or anyone else (unless required by law).** We use the information you share through our Health Management programs only to help you meet your goals for better health and a healthier lifestyle!



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## Are you one of millions of children and adults in the U.S. who has diabetes?

AllOne Health® offers a Diabetes Management Program that makes it easier for you to manage your health. You will receive personalized support to help you make choices that can help lead to a better quality of life. Health Coaches, who are registered nurses, provide education and support to help you take control. And, they are just a phone call away!

### Management takes understanding.

Diabetes is a disease in which the body does not produce enough insulin or cannot use the insulin that is produced. As a result, the body is unable to use a basic nutrient called glucose (sugar). Since insulin is needed to move glucose out of the blood and into the body's cells, the sugar remains in the blood, leading to one of the most recognized symptoms of diabetes—high blood sugar levels.



### Basic types of diabetes.

**Type 1 Diabetes** is generally considered an auto-immune disease. With this type of diabetes, the body's system that fights infection (the immune system) attacks the insulin-producing cells of the pancreas and destroys them. As a result, people with Type 1 Diabetes need daily insulin injections.

**Type 2 Diabetes** is the most common form of diabetes. This type of diabetes usually develops in adults over 40 and is most common in adults over 55. People with Type 2 Diabetes can most often manage their condition by following a specific diet, taking medication and exercising regularly.

**Gestational Diabetes** is a special type of diabetes that develops or is discovered during pregnancy. This type of diabetes usually disappears after pregnancy, but diabetes remains a significant risk factor for women who experienced it during pregnancy.

Although the causes of diabetes are unknown, there are several factors that increase a person's risk of developing the disease:

- Family history of diabetes
- Race and ethnic origin (diabetes is more prevalent in people of African-American, Hispanic or Native American descent)
- Age (45 and over)
- Being overweight (especially around the waist)
- Diabetes during pregnancy (gestational diabetes)
- High blood pressure
- Little physical activity
- Fasting blood sugars that are consistently above normal

Having diabetes also places you at risk for other serious health problems, such as heart and kidney disease, nerve damage and diabetic retinopathy (damage to the retina of the eye).



### Management begins with awareness.

Diabetes affects many body systems—the signs and symptoms are subtle and numerous:

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue
- Irritability
- Nausea or vomiting
- Sweet-smelling breath
- Frequent infections
- Cuts and bruises that are slow to heal
- Tingling/numbness in the hands or feet
- Recurring skin, gum or bladder infections
- Blurred vision
- Problems with sexual function

### Actions lead to better control.

Controlling diabetes starts with you! You can prevent or delay the progression of diabetes-related problems by taking the necessary steps to keep blood sugar levels as close to normal as possible. Daily practices that can help you achieve a good level of control include:

- Eating regular meals according to your recommended meal plan
- Taking medications as ordered by your doctor
- Exercising regularly
- Attaining and maintaining a healthy weight
- Knowing your numbers: blood sugars, blood pressure and cholesterol level