

# Prevent Diabetes Health Complications



Kansas City

## DIABETES IS

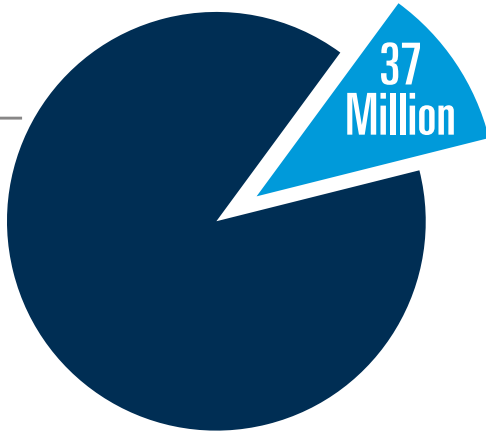
a disease that occurs when blood glucose is too high.

## DIABETES CAN

damage the eyes, kidneys, nerves, and heart.

## YOU CAN

stay healthy longer by managing your diabetes

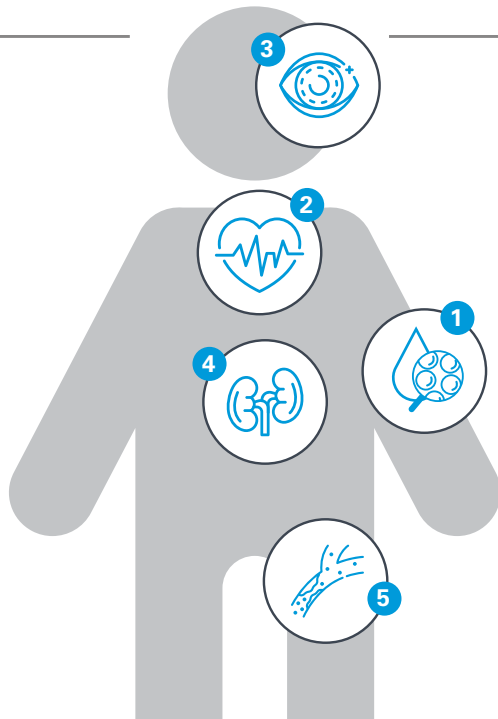


## People in the U.S. With Diabetes<sup>1</sup>



That's about 1 in 10

1 in 5 don't know they have diabetes



## 5 Ways to Take Charge of Diabetes<sup>2</sup>

### 1. Manage A1C

A1C measures average blood glucose (also called blood sugar) levels. Below 7% is the goal for many people with diabetes.

### 2. Manage Blood Pressure

The blood pressure goal for most people with diabetes is below 140/90.

### 3. Get Annual Dilated Eye Exam

Help avoid diabetic eye disease by having a comprehensive eye exam with dilation every year.

### 4. Keep Kidneys Healthy

People with diabetes have an increased risk for kidney disease. An annual eGFR test estimates how well your kidneys function.

### 5. Regulate Cholesterol & Triglycerides

Statin therapy helps regulate [LDL cholesterol and triglycerides](#) to help prevent risk of cardiovascular disease.

## Make Blue KC Part of Your Diabetes Care Team

There's a lot to manage with diabetes. The Blue KC Care Management Team is here for answers and support.



### Access Code

[kchelpwelcome](#)

Scan the QR code and use the access code to immediately and securely connect with a Care Management nurse.

<sup>1</sup>Type 1 and 2 diabetes, CDC.gov

<sup>2</sup>Type 1 diabetes, American Diabetes Association

The information provided should not be used to diagnose or treat a health problem. Always seek the advice of your doctor or other qualified health provider regarding a medical condition.