

Prevent Diabetes Health Complications



Kansas City

DIABETES IS

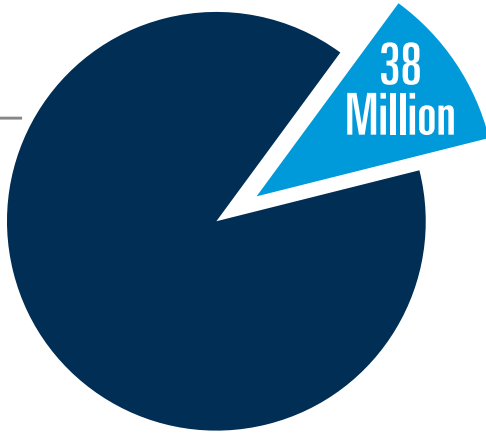
a disease that occurs when blood glucose is too high.

DIABETES CAN

damage the eyes, kidneys, nerves, and heart.

YOU CAN

stay healthy longer by managing your diabetes

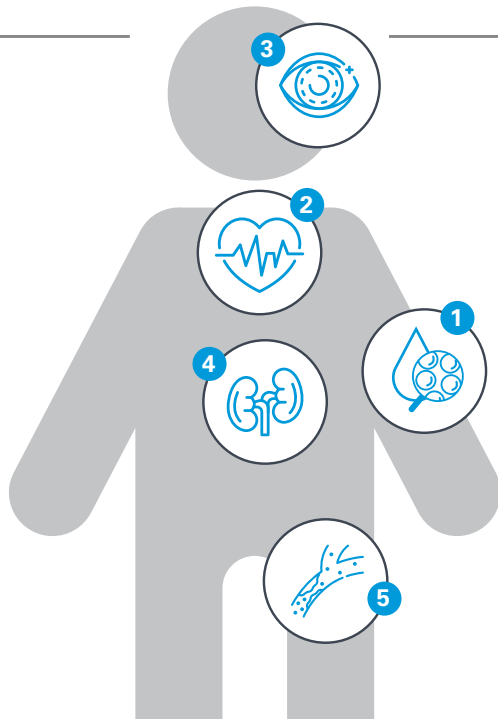


People in the U.S. With Diabetes¹



That's about 1 in 10

1 in 5 don't know they have diabetes



5 Ways to Take Charge of Diabetes²

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 **kcbluewelcme**

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

¹Type 1 and 2 diabetes, CDC.gov

²Type 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.