

Prevent Diabetes Complications



Kansas City

1 in 10 People in the U.S. Have Type 1 or 2 Diabetes¹



7 Ways to Take Charge²



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. Get Annual Kidney Evaluation

Monitor kidney health annually with an eGFR to test kidney function and a uACR to assess kidney damage.



5. Regulate Cholesterol & Triglycerides

Statin therapy helps regulate LDL cholesterol and triglycerides to help prevent risk of cardiovascular disease.



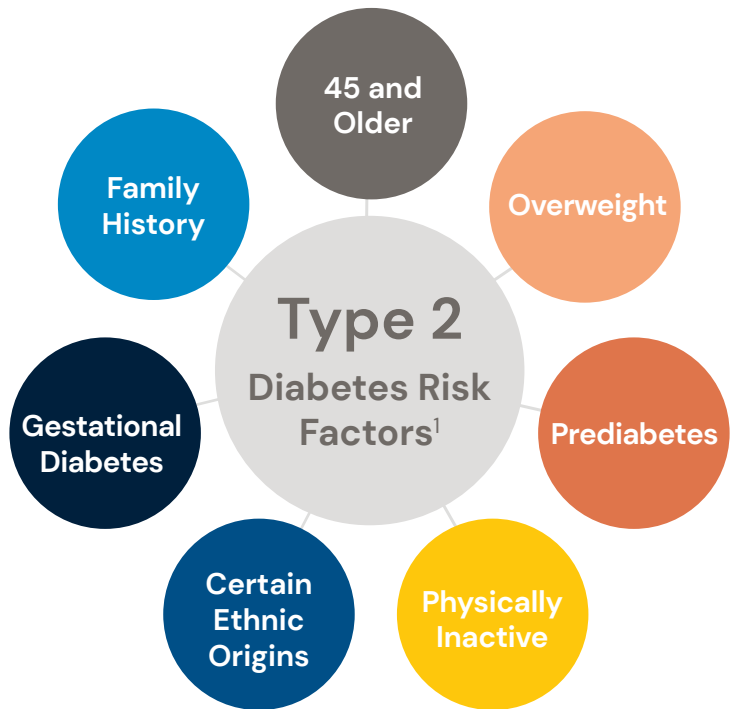
6. Eat Healthy

Healthy eating helps manage blood sugar. The **Diabetes Plate** is a good rule of thumb to follow.



7. Stay Active

Physical activity makes your cells more sensitive to insulin so it works better to lower blood sugar.



Our Care Team is here to support your diabetes journey. Connect with them on the **Blue KC Care Management app**.

Download the App



1. Scan QR code
2. Register with access code **KCBUEWELCOME**
3. Click **Chat** at bottom of screen

¹CDC.gov ²American 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.